

# ARISE<sup>®</sup> Relationship Audits and More. . . for the Girls

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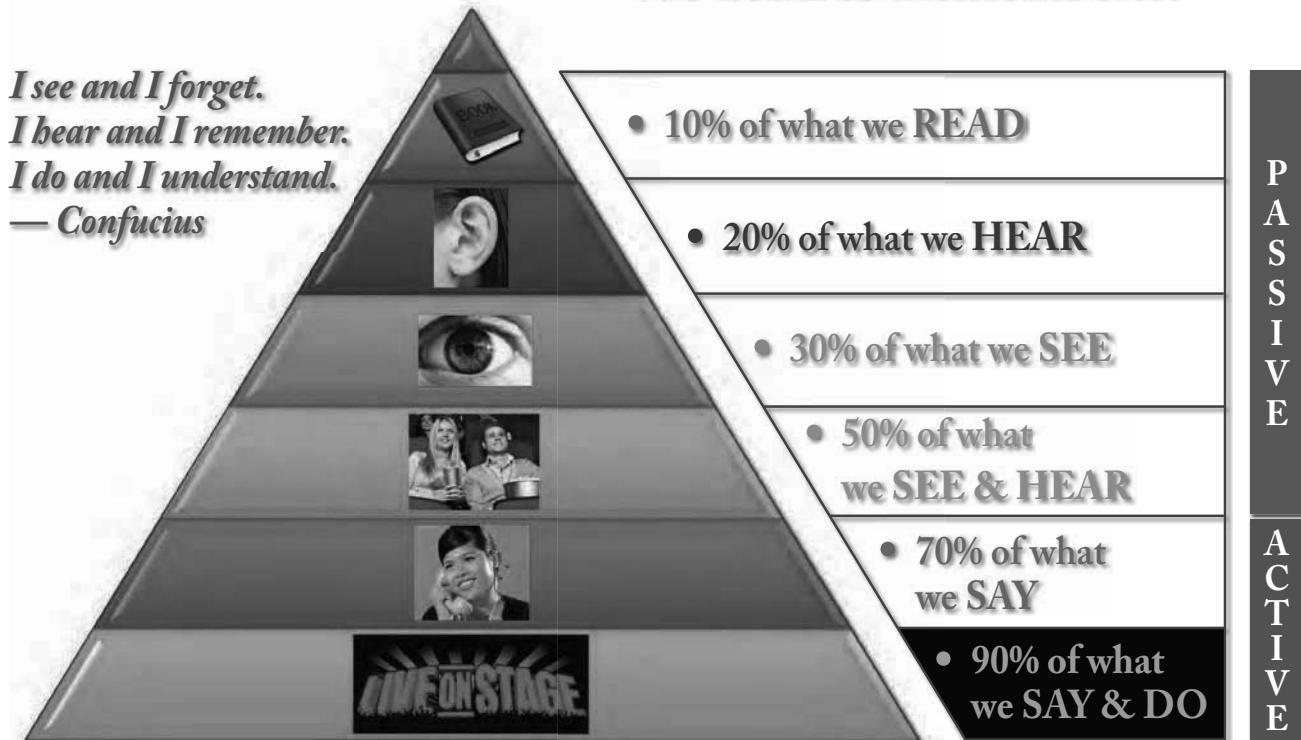
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### **ARISE** Relationship Audits

# Participate & Remember

For the past 25 years, ARISE Motivational posters and, more recently, ARISE Positivity Cards have been incorporated in ARISE curricula and staff training programs. The graphic below is an example of why ARISE posters and Positivity Cards used during group sessions make a memorable and lasting impact on the mind. ARISE programs are also amazingly efficient at relieving boredom for those with short attention spans.

## After Two Weeks, We Tend to Remember...



## They Remember!

When participants are given the opportunity to take part in group discussions and offer their opinions relating to the subject or meaning of a particular ARISE Poster or Positivity Card, they not only improve their understanding of the topic, they also enhance their self-confidence and ability to express themselves. Most importantly, they remember! It's all good.

### ARISE Relationship Audits

# ARISE Relationship Audits

## 20 Questions if Answered Honestly Could Change Your Life

Let's be truthful. If you have been in a relationship long enough to consider it a relationship, perhaps it's time to ask yourself a few important questions:

Check All That Apply:

- Is he/she trying to change you?
- Is your friend helpful when it comes to solving your problems?
- Is this person honest? Dependable? Hardworking? Goal oriented? Motivated?
- Does this person share your religious beliefs?
- Can he/she be trusted with your heart/money/secrets?
- Will she/he listen and hear you out or tune you out?
- Are your feelings and thoughts respected or ignored?
- Are your family and friends resented and badmouthed?
- Are there little things about you this person finds annoying?
- When you meet do you smile? Are you happy to see one another?
- Are you appreciated or put down and criticized?
- When you are speaking is the other party listening, texting, watching TV etc.?
- Are you the one who always gives in and apologizes after an argument?
- Is this a give and take relationship? You give and he/she takes?
- Do you feel like you're walking on eggshells or lush green grass?
- Are there mood swings, anger and screaming one minute hugs and kisses the next?
- Is he/she physically abusive? Hurt you in some way? Threats? Humiliates you?
- His/her way or the highway? Your opinion doesn't seem to matter?
- Is she/he suspicious, jealous constantly checking up on you?
- Does this person have a history of success or failure?

Are we the people our  
parents warned us about?  
-Jimmy Buffett

The boxes you check will determine your future with this person.

*This page has been excerpted from an ARISE Sprouts series Book 5 titled - Are You Living an Upside Down Life?*

# ARISE Family Audit

How well do you know your partner's family history?

If you end up staying with this person, are you prepared to deal with his family's issues and possibly pass on their problems to your future children?

Before it gets too serious, ask your partner if any of the following exist in his/her family history. This may be embarrassing so better yet SEE FOR YOURSELF!

- Alcoholism or drug addiction
- Emotional problems
- Depression
- Mental Illness
- Abusive Behavior
- HIV/AIDS
- Teenage pregnancy
- Prison time
- Suicide
- Homelessness
- Long stretches of unemployment
- Loss of children to Social Services
- High school dropout
- Cigarette Smoking
- Eating disorders
- Family Conflict
- Adultery
- Dysfunctional Parents
- Children Misbehaving
- Lack of Empathy
- Bullying
- Sexual Abuse

"An ounce of prevention is worth a pound of cure."  
—Ben Franklin

"Act in haste, repent in leisure"



On one of your visits to your partner's family's home, did you see any of the following?

- Disrespect for each other, jealousy, unforgiving behavior.
- Lack of manners, i.e. no one says please, thank you, excuse me, etc.
- Poor housekeeping, such as piles of dirty dishes in the sink, laundry on the floor, etc.
- Uncontrolled Anger, Screaming and Cursing, Temper Tantrums
- Check Sex Offenders Registry
- Mistreatment of children or pets
- A large number of strangers coming in and out of the house

*This page has been excerpted from an ARISE Sprouts series Book 5 titled - Are You Living an Upside Down Life?*

# ARISE Relationship Audit-Who Can YOU Trust?

“Trust but Verify” Ronald Reagan

## Trust Activity #3

**Box 1**

Name of a person you trust

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**Box A**

Why do you trust this person?

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**Box 2**

Name of someone who has broken your trust.

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**Box B**

What lesson have you learned from this experience?

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**Box 3**

Make a short list of Trust Breaker actions that inflicted pain and suffering. This list could include lies, physical and sexual abuse, drug, alcohol abuse, cheating in a relationship etc.

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**Box C**

What would it take for someone guilty of being a Trust Breaker to rebuild and regain your trust? Is it possible?

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**Who Can YOU Trust?**

What would motivate you to forgive a SERIAL Trust Breaker? Please express your thoughts below. (For your eyes only unless you are willing to share with the group)

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# ARISE: A 20 Question Do It-Yourself Audit

## Are You Preparing For Your Future?

1. Are You Willing To Put Fun On Hold Until You Jump Start Your Future? \_\_\_\_\_
2. How Many Years Do You Intend on Spending Acquiring Your Education? \_\_\_\_\_
3. Personal Habits - Constructive, Destructive? Middle of The Road? \_\_\_\_\_
4. Champions Put In More Hours Than Anyone Else. Did You Know It Takes Roughly 10,000 Hours Of “Deep Practice” In Almost Every Field To Reach The Top? \_\_\_\_\_
5. Life Style - Are You In Training For a Long, Healthy Life? Positive Outlook - Do you Work Out Regularly? Able To Prepare Nutritious Meals For Your Self? \_\_\_\_\_
6. Truthfully, What Do Your Prospects Look Like Right Now? Is There a Career in Your Future? \_\_\_\_\_
7. How Can You Improve Your Current And Future Prospects? What Will It Take? \_\_\_\_\_
8. Your Finances Today, The Future? How Do You Plan On Supporting Yourself, A Family? Any Idea What It Takes In Earnings Power to Live The “Good Life”? \_\_\_\_\_
9. Your Plan For Competing With Chinese, Asian and East Indian Youth Your Age Who Are Studying 8-10 Hours a Day, Seven Days a Week For The Jobs You Want? \_\_\_\_\_
10. Are You Building A Support System? Family Members, Educators, Friends others? Most Jobs Are Found Through Friends, Not Craig’s List Or On Line. \_\_\_\_\_
11. Do Your Grades Qualify You For Higher Education Scholarships? \_\_\_\_\_
12. List Your Marketable Talents, i.e. Music, Sports, Academics? Average, Professional? \_\_\_\_\_
13. What Are Some Realistic Employment Opportunities For Someone With Your Current Educational Background And Abilities - Hourly, Annual Salary? It’s Never Too Late To Educate. \_\_\_\_\_
14. Ready To Maximize your Earnings Potential, Willing to Move To Other Areas of the USA To Market Or Acquire Particular Skills? Is this An Option? Current Funds Available to Take Advantage Of Special Opportunities, i.e. Moving Expenses, Apartment Rental, Security Deposits, Furnishings? \_\_\_\_\_
15. Will You Be Able To Stand On Your Own Or Forced To Continually Ask For Help? \_\_\_\_\_
16. Are Your Friends Leading You In The Right Direction? Are They Positive Influences? If Not, It’s Time You Found Some New Friends. \_\_\_\_\_
17. Are You Focused On Your Future Or Trusting to Luck? \_\_\_\_\_
18. Do You Have A One Year, Five Year Life Plan? \_\_\_\_\_
19. What Foreign Languages Can You Offer A Future Employer? \_\_\_\_\_
20. What Is There About You That Would Cause An Employer To Gamble On Your Success? \_\_\_\_\_