

Which parts of the learning course did you find less helpful, and why?

speaking up for myself, I really do struggle with confidence and when I am in a conflicting situation, I tend to back down if I know I will get angry.

What would you change about the learning course to make it better?

Have more sessions and send questions to answer about the aims you give us for each week.

Is there anything you think is missing from the learning course? If so what?

NO

How easy did you find the course to complete? If you found it difficult, what was difficult? (eg. the amount of reading, the instructions, writing, motivation etc).

I found the thinking part hard, actually thinking about how I act the way I do and how easy I could get angry really got me worried. I never thought about other peoples' needs before I started this, emotions and body language I still find difficult.

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Thank you!

Which parts of the learning course did you find less helpful, and why?

I really didn't find any part of the course 'less helpful'. I say this because I found all of the modules of the course to be useful, helpful and have been able to incorporate all of the module contents into my daily life. And I feel empowered by it.

What would you change about the learning course to make it better?

At this stage, I feel that I wouldn't change anything because the contents were ~~suffient~~ sufficient to trigger common sense prevailing by understanding what was being explained and being honest with myself and others.

Is there anything you think is missing from the learning course? If so what?

NO.

How easy did you find the course to complete? If you found it difficult, what was difficult? (eg. the amount of reading, the instructions, writing, motivation etc).

I found the course easy to follow and the motivation to complete the course came from within. For me to get something out of it I knew I had to put something into it and I enjoyed it. Old behaviours don't open new doors and I know that a new door has been opened for me now. This has been a vital learning point for me that I can take forward and improve upon, and it has also helped my mental well-being for the better.

Thank you.

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Trusting and helping others because I am not able to test the theory in my situation. I am not surrounded by reality.

What would you change about the learning course to make it better?

Change the length to 4 weeks and lengthen the material in the packs.

Is there anything you think is missing from the learning course? If so what?

No

How easy did you find the course to complete? If you found it difficult, what was difficult? (eg. the amount of reading, the instructions, writing, motivation etc).

Not hard at all it was a healthy experience.

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As it has shown me a way of breaking things down and exploring them instead of just doing things without thinking

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I have learnt about real flag situations on TSP I have found that so helpful so maybe adding it into the work books

Is there anything you think is missing from the learning course? If so what?

no it has been very helpful as it has made me think about my past outbursts and how now to go about it so Thank you.

How easy did you find the course to complete? If you found it difficult, what was difficult? (eg. the amount of reading, the instructions, writing, motivation etc).

it was very easy to follow and thoughtful.

do you do anything on Building better relationships as my probation officer wants me to do it but it is not done in this prison. I know I can do it in the community but do you have any work books on BBR around relations of

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sorry please use my comments.

Partner
at all
Thank you!
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