ook helps (ex-)detainees, prison staff and practitioners to boost process of recovery and desistance from crime.

virtually all detainees desist from a life in crime as a result of of recovery. Recovery is not something that is done to detainher something they themselves do, often at distance from hal justice interventions. Even when ex-convicts undergo ment or counseling, they say that "at the end of the day you yourself." Changing one's life therefore involves a lot of hard formal, professional interventions. Few people actually stop a result of criminal justice interventions alone. This suggests based treatment is an adjunct of and complementary to a larg-process of recovery that involves self-restorative forces.

I of Giving up Crime recognizes and works in partnership with Process of recovery and its self-restorative forces. Its rehability designed to assist detainees in initiating, implementing film a process of intentional self-change.

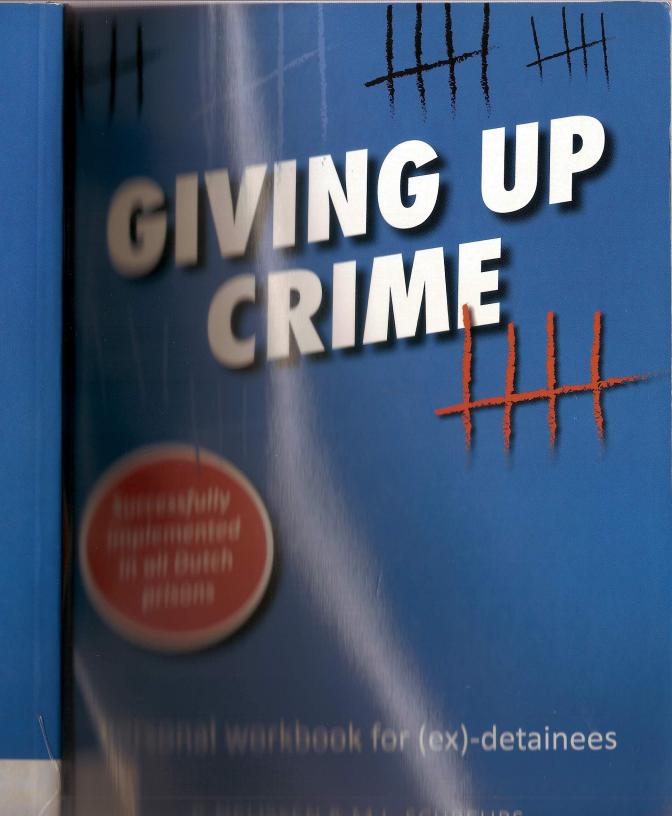
Invidual action is pivotal to Giving Up Crime, detainees are not the process of self-change. The workbook is also an attractive transible tool for prison staff and practitioners. It creates a situally for them to become actively involved in the personal transition of detainees. The workbook also enables them to be a loss harmful prison-climate and to reduce substantial transitions face during imprisonment. These pressures can with a loss of capacity for intimacy.

affin model and method of *Giving up Crime* has been adoptmented by the Prison Modernization Programme of the dial institutions Agency. The method is now used in all Dutch until and show that detainees, prison personnel and practitionthe diving Up Crime as a highly valued and effective tool.

uperime.com

111137-0-0

Nellissen (PND) is a criminologist/teacher employed ich Eustodial Institutions Agency. ilse Schreurs (PND) works as an educational psy-



Contents

Prefa	ce	11
1.	Giving up, or not giving up crime?	15
1.1	Why would you give up offending?	16
1.2	Why would you continue offending?	16
1.3	Make a decision!	17
1.4	A reader's guide	19
1.5	Content of the workbook: A brief introduction	20
2.	Choosing change	23
2.1	Your present life	24
2.2	What is important to you?	25
2.3	Who am I?	29
2.4	Discover your personal values and life goals	29
2.5	Obstacles to achieving my goals	33
2.6	Overcoming my obstacles	36
2.7	Choose a life that suits you!	36
2.8.	Find the chapters that fit your goals	37
3.	Find a place to live	41
3.1	Living where you feel comfortable	42
3.2	Your house and its interior	45
3.3	How to manage your household	48
3.4	Get a roof over your head	50
3.5	Housing and your finances	57
3.6	Keeping your accommodations during detention	58
3.7	Special accommodations	59
3.8	Agreements with myself	62
3.9	To remember	65

I, Nellssen Research, Maastricht: All rights reserved; no part of this publication may be reproduced, level system, or transmitted in any form or by any means, electronic, mechanical photocopying, recordwithout the prior written permission of the authors.

Ph. Nelissen, Marie-Louise J.J. Schreurs Sarah Sheffer

in Dutch 2008

8 Symons Drukkerij, Bree, Belgium

1113700

ing to others with care	67
lal network	68
l skills	71
yourself	77
ements with myself	83
member	85
good care for yourself	87
tion	88
mal hygiene	91
cal exercise	95
and night rhytm	97
care	100
nel and drugs	102
ements with myself	104
member	106
for a job	109
and opportunities	110
acancy and your letter of application	120
nterview	125
te keep your job	127
ements with myself	130
member	132
A A	
your affairs in order	135
Ity documents	136
ne	136
Naes	138
to draw a budget	142
ding your money in a conscious and prudent way	143
ing	146
ance	148
	150

7.9	How to write a letter?		151
7.10	Computer skills		154
7.11	Agreements with myself		155
7.12	To remember		157
8.	Manage your time well		159
8.1	Planning		160
8.2	Managing y leisure time		163
8.3	Agreements with myself		167
8.4	To remember		168
9.	Giving up crime, how do I hold on?		171
9.1	Problems lurk		172
9.2	Dealing with problems		172
9.3	Stick to your goals		174
9.4	Handle your problems systematically		175
9.5	Problem top 10 with tips		176
9.6	Dealing effectively with problems enhances the control of your life	e	180
9.7	Agreements with myself		181
9.8	To remember		182