

WHY DO I NEED INNER STRENGTH?



RELATIONSHIP CONFLICT IS NORMAL AS PEOPLE CANNOT ALWAYS AGREE ON EVERYTHING.

Relationship conflict that is not sorted out can turn into arguments, shouting, and physical abuse.

People who are involved in destructive conflict are not bad people; they just find it difficult to deal with the stresses and strains in life.

Learning effective techniques to manage our emotions helps us to sort out our problems in a peaceful manner.

Inner Strength is a new and effective programme for reducing domestic conflict and having more stable relationships.

OPTION 1 DOMESTIC CONFLICT AWARENESS

- Two Group Sessions
- For people who have had initial contact with police for problem behaviour in relationship conflict

OPTION 2 INNER STRENGTH LITE

- 1 Individual session & 12 Group sessions
- For people with developing problem behaviour in relationships

OPTION 3 INNER STRENGTH EXTRA

- 1 Individual session & 16 Group sessions
- For people with alcohol/drug use & problem behaviour in relationship conflict

OPTION 4 INNER STRENGTH COMPLETE

- 2 Individual sessions & 24 Group sessions
- For people with more serious problems with relationship conflict



"This has changed my way of thinking for the best towards my partner and situations in my relationship"

ROBERT

"Inner Strength tries to show the bigger picture and helps you to recognise that others have thoughts, feelings and emotions too. It helps to manage yourself as well as respect and understand others"

DAVE

"Be positive towards change because change is possible"

KIERAN

FOR FURTHER
LOCAL INFORMATION
CONTACT:



INNER STRENGTH

CREATING MORE
PEACEFUL
RELATIONSHIPS...

INNER STRENGTH SHOULD
HELP YOU TO GAIN:

- Better control of emotions
- Better skills for sorting out conflicts
- More understanding of behaviour
- Strengths and goals

THE RESULTS HAVE BEEN

GROUNDBREAKING



INNERSTRENGTH

**FORENSIC
PSYCHOLOGICAL
SOLUTIONS**

