

GROUP HANDOUT 14.3A

Situations for Expressing “No”: PRISON

1. Your cell mate has procured some heroin and invites you to join him in getting high.
2. You are going out on a pass and your buddy asks you to make a phone call to his ex-girlfriend to tell her how much he has changed and that she should come to visit him to see for herself.
3. Your job as a peer counselor is to offer a listening ear to fellow inmates who need a place to talk. Today you spent nearly the whole day empathizing with person after person, and now it's recreation period and you are eager to play ball. However, another prisoner approaches you to say they just had a big fight and asks you to help them work through it during recreation period.
4. You are being asked by a prison official to work as an institutional driver. This is a job of trust in the prison but your goal right now is to get your high school diploma and prepare yourself for future employment.
5. You are being asked by your NVC teammates to facilitate one of the exercises at the NVC workshop coming up this weekend. You don't want to do this because you are nervous about participants at the workshop who might disrespect you for your crime history.
6. You are a volunteer who goes inside prison to offer NVC. You are being asked by an inmate in your workshop to deliver a small heart they had carved for their mother, who attends your NVC practice groups on the outside.