

Chartiers Training and Social Rehabilitation

The Greatest Strength

The participants listed qualities of a character, including likes, dislikes, motivations and flaws.

They were then asked what their greatest strength is. They were told to invent a character who does not have this strength. This strength is very important to have so what does the character do? They invented a story to determine if the character gets the strength somehow or if the

character fails because they don't have the strength. All of the initial qualities of the character were used.

Strong Personality—by Alana

Esmerelda is a spoiled princess who enjoys wearing costumes. She likes her knight in shining armor and looks forward to having the prince take care of her for the rest of

her life. She dislikes fire breathing dragons, war and when her hair gets tangled. Because she is too delicate and dependent, she becomes spoiled and never gains a strong personality.

Optimistic—by Dom

Jacob Jacobson is an unsuccessful businessman. He sells women's shoes in Chicago. As a short person, he always got put down, glared and stared at growing up, which didn't help his attitude towards life. Jacob has always been pessimistic towards everything. Ever since he got locked in a closet full of Rolex's overnight as a child, he hated watches.

Ever since then, Jacob always hated watches; expensive ones at that. he also hated technology.

Yet he feels the need to always check the time. Since he hates watches and technology, he's always checks with the other. When he is at his best, Jacob is criticizing others on their grammar; putting them down makes him feel up. After a long day of almost no sales, Jacob sat back on his Lazy Boy recliner listening to talk shows and eating cherry pies.

Jacob was broke now and couldn't make a living. Finally, one day, listening to a radio talk show,

Jacob listened to a motivational speaker. Ever since then, Jacob was bright and cheerful. He became optimistic. He sold dozens of shoes to women walking down the street. He still hates watches but bought a new phone to keep track of the time.

Patience—by John P.

DudeMan, on his impatience, walked over to me, seemed like he had enough. Just as he got to where I was standing, he tripped over the sidewalk, rising and landed on his feet and looks at me very nervous. He says, "John, how do you do it man? You keep your composure, the very opposite of me", with a wonder. I said to him, "Just take things slow,

with patience. Just remember to take your time with things." He looked at me with confusion again and walked away, shouting "Good luck with that, pal. Yeah right."

*"Walking along
Along the streets
We sing a song
As we move our
feet...."*

7x7x7

Each participant was given a book. They used part of the first sentence on the 7th line of the 7th page to write a poem or piece of prose, 7 lines long. .

Walking along

Along the streets

We sing a song

As we move our feet.

The people yell

They're happy to see us
That we can tell. ~Dom

~~~~~  
She looked at me  
expectantly, but I said  
nothing.

A wanting look with no  
response.

What were we to do.

No talking.

No communication.

She'd have to wait for my  
reaction.  
I have no words for her  
now. ~Alana

### 7X7X7 Continued....

**Elvis—The World's  
Greatest Entertainer?**

I, however, think the  
nickname is a somewhat  
disclaimer.

I have seen his mid-70's  
concerts on YouTube.

And to be honest, some

are good, but some are  
awful!

Awful or no, fans came in  
by the droves to see him.

That, in my opinion, has  
another problem.

If stadiums and arenas  
had been half full,

Elvis might have taken  
the subtle hint. ~Tony

## 7x7x7's, Continued

The wisdom of man  
illuminates the face of the  
earth.

Giving time to sort  
problems, enables clear  
thought.

It is love that makes the  
world go around.

Family matters are best  
solved with wisdom.

Children are the answer to  
the world.

Solutions are created to  
solve all problems.

No problem is too large to  
be solved. ~Edie

Noting the increase in  
the waters, her tears  
rolled down her face.

Beauty was her name  
and she was drowning  
in sorrow.

The man of her dreams  
was courting a new  
princess.

Who shall notice her  
tears, no one heard her  
cry.

Do not weep, you shall  
find the man of your  
dreams.

If nothing will be,  
nothing will be.

Do not waste your time  
on something that isn't  
true. ~Gloria

## My Life—by Keith

Sometimes, I like, drift  
away, sitting by the ocean,  
until grey clouds and rain  
start to fade, bringing in  
sun and blue skies, letting  
sand sift through my toes,  
waking dolphins frolic and  
play.

--(My life is filled with  
rain)--

Send my soul through the  
fire, setting goals, flying  
higher. This is my test,  
heal my heart, give me  
rest. My story is just  
reborn, my glory through  
the storm

—(My life is a fast  
runaway train)---

In order to succeed, I had  
to fail. Throughout my life,  
I got the best of a constant  
hell. What is it about life  
that makes me smile? It's  
a vision of hope, yet the  
wild

.—(My life is a brush  
going against the grain)--

My life is a picture that  
only I can paint. My life is  
a whisper that I holler  
without restraint. It tastes  
like wine when it starts to  
rain. It feels like fall

leaves during times of  
change.

—(My life is a pill of  
pleasure throwing out the  
pain)--

My life is a game of chess,  
one step ahead. My life is  
a mess, I'll play the game  
instead. My life is a train  
going off track, don't step  
now, no time to look back.  
So when the movie ends  
and the screen fades to  
black, I'll catch up to my  
thoughts just to pick up  
the slack.

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*"My life is a picture that  
only I can paint. My life  
is a whisper that I holler  
without restraint. It  
tastes like wine when it  
starts to rain..."*

## Weird Facts

**The assignment was to find a weird fact and write about it.**

A group of unicorns is called a blessing.

Aren't they beautiful, magical creatures, mysterious and

dreamy.

Oh how I wish to gaze at them.

I wish to chase the unicorn until I catch a dream.

Oh what a blessing to see the pretty pony full of color and

fantasy.

~Anonymous.

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*"A group of unicorns is called a blessing..."*

## The Common Ground Approach—by Alana

Alana wrote a short summary of Pat Deegan's Common Ground Approach that was presented during a group at T&SR. Here's what she learned....

Decision support is a respectful approach to provide support and

resources. For example, working with your doctor on what medications to use or not use. To do this, you need information, other people's examples, pros versus cons and discussing what you value with people you trust. The goal of a provider is the duty to care. The dignity

of risk is your right. Personal medicine is what you do to support your recovery that is not medications. Personal medicine are things that prevent you from hospitalization and control your symptoms. Examples are reading and listening to music.

## A Man of Family—John P.

You come from a place

Where you had no childhood.

You worked and worked

'til the sun went down.

The oldest of the bunch

With expectations.

A family man

And much more.

A Dad with three boys and a girl

Never had any luck

Even then it was a chore.

You're not perfect

That as a child

I know.

You worked for me

I know

A man of family.~~John P.

**No Fairytales, No Pretty Lies**

I turned so many down for you

I let my heart be found for you.

Fairytales, pretty lies

Let this love chase your fears away

Let these words lead you home this very day

Stroke me gently, kiss me softly.

Fairytales, pretty lies.

Hold me tightly, love me nightly

Fairytales, pretty lies.

No fairytales, no pretty lies

Will make me cry, make me high. ~ Darrell

**Magazine Poems**

Each participant had an article from the magazine BP Hope, in which they found words or phrases that struck them in a significant manner.

They took these and created a poem. Here are some of the works:

**accept my illness**

bipolar disorder

must advocate

in

dealing and managing emotional and practical support

commitment  
will provide life skills  
that will contribute to independence.

~Raeanna

**bipolar disorder**

proper diagnosis  
paradox  
isolated  
shame  
disabled chronically  
treatable.

~Perkie

**you stay away from rash decisions on my journey**

now that I know

I work hard

Knowing all I can

What helps

FOR ME, THE GUILT from past impulsivity is what gives me momentary pause before saying or doing something rash.

remind myself

I have gotten

my best way

I've learned to ask I'm I manic

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*"...dealing and managing emotional and practical support..."*

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## Tony's 10 Favorite Singers

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 10. Perry Como (1912-2001)          | 05. Hank Williams, Sr. (1923-1953)  |
| 09. Nat King Cole (1919-1965)       | 04. Eddy Arnold (1918-2008)         |
| 08. Engelbert Humperdinck (1936-- ) | 03. Bing Crosby (1903-1977)         |
| 07. Conway Twitty (1933-1993)       | 02. George Jones (1931-2013)        |
| 06. Eddie Fisher (1928-2010)        | <b>01. Connie Francis (1938-- )</b> |

## Sidewalk Walking

|                                         |                                           |
|-----------------------------------------|-------------------------------------------|
| Walking down the street                 | Someone I have known                      |
| With my swollen feet                    | But when you're a stranger and walk alone |
| It's been a week and I'm all alone      | Everyone looks like just another drone.   |
| With a broken phone                     | ~~anonymous participant                   |
| I see a face I thought I've seen before | ~~~~~                                     |

## About T&SR

*T&SR provides social rehabilitation to adults with behavioral health challenges. Clients participate in a shared community setting that builds self-esteem and*

*confidence and fosters independence through group activities and community activities and events.*

*For more information, call*

*Amy Randal, Social Rehabilitation Coordinator.*