



We all have strengths and weaknesses. Our strengths and weaknesses will either be put to good use or exacerbated when dealing with prison issues beyond our control.

In this exercise, list your strengths and weaknesses. Discuss how this will help or hinder being in a relationship with an incarcerated partner.

### Strengths

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How will your strengths help or hinder this experience?

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### Weaknesses

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How will your weaknesses help or hinder this experience?

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