

## MODULE 4

# Addressing the Emotional Burden

## Learner workbook

*FIRE Training Programme · 4 hours*

Understand the feelings economic abuse leaves behind, find kind and low-cost ways to cope, and rebuild your confidence, your voice and a resilience that lasts.



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|                                  |  |
|----------------------------------|--|
| <b>Your name (or a nickname)</b> |  |
| <b>Start date</b>                |  |
| <b>Group or tutor</b>            |  |

## How to use this workbook

- Do each exercise after the lesson it belongs to. Tick each step when you finish it.
- Your answers are yours. You do not have to show them to anyone.
- You can use made-up names and numbers. You never need to use your real situation.
- If something feels too hard, take a break. Help is listed at the end of this workbook.

## What is in this workbook

| Code   | Title                    | Lesson | Time   | How        |
|--------|--------------------------|--------|--------|------------|
| EX 4.1 | A letter of compassion   | L4.1   | 20 min | Individual |
| EX 4.2 | The weight we carry      | L4.1   | 15 min | Group      |
| EX 4.3 | Build your calm toolkit  | L4.2   | 20 min | Individual |
| EX 4.4 | Permission to rest       | L4.2   | 15 min | Group      |
| EX 4.5 | Your strengths inventory | L4.3   | 20 min | Individual |
| EX 4.6 | The voice that returns   | L4.3   | 15 min | Group      |
| EX 4.7 | Your resilience plan     | L4.4   | 20 min | Individual |
| EX 4.8 | Looking forward          | L4.4   | 15 min | Group      |



## EXERCISE 4.1 • LESSON 4.1: THE EMOTIONAL IMPACT

# A letter of compassion

|               |                                                  |
|---------------|--------------------------------------------------|
| Time          | 20 min                                           |
| How           | Individual                                       |
| What you make | A short, private letter of kindness to yourself. |

Practise offering yourself the kindness you would give a friend. This is a gentle way to ease shame.

## Goals

- Turn kindness towards yourself
- Create a note to return to on a hard day

## Step by step

### Step 1 — Imagine (3 min)

- ☐ Imagine a dear friend in your situation, feeling as you do

### Step 2 — Write (10 min)

- ☐ Write a short note to her
- ☐ What would you want her to know?

### Step 3 — Notice (3 min)

- ☐ Notice the warmth and understanding in your words

### Step 4 — Read and keep (4 min)

- ☐ Read the note again as if it were written to you
- ☐ Keep it somewhere safe to return to on a hard day

Your notes

## Good to know

- There is no right way to write it. A few lines are enough.



- If writing is hard, you can say the words aloud or draw instead.

## Check your work

- ☐ I wrote to an imagined friend in my situation
- ☐ My words are kind and understanding
- ☐ I read the letter as if it were written to me



## The weight we carry

|      |        |
|------|--------|
| Time | 15 min |
| How  | Group  |

Speaking feelings aloud in a safe space can lighten them. Share only what you wish to; listening is just as valuable.

**Private: only you see your answers**

This reflection is private. Write only what you want to. Nobody will collect or read it.

1. Which of today's feelings felt familiar to you?

2. What has helped you, even a little, on a difficult day?

3. What would it feel like to set down some of the shame?



## EXERCISE 4.3 · LESSON 4.2: COPING AND SELF-CARE

# Build your calm toolkit

|               |                                    |
|---------------|------------------------------------|
| Time          | 20 min                             |
| How           | Individual                         |
| What you make | A calm toolkit card, kept private. |

Create a small, personal set of go-to strategies for hard moments, so you do not have to think when you need them.

## Goals

- Choose strategies that work for you
- Keep a toolkit card ready for hard moments

## Step by step

### Step 1 — What helps (6 min)

- ☐ List three things that reliably help you feel calmer

### Step 2 — Who and what (5 min)

- ☐ Add one person you could reach out to
- ☐ Add one free act of self-care you enjoy

### Step 3 — In the moment (4 min)

- ☐ Choose one grounding step to remember

### Step 4 — Make your card (5 min)

- ☐ Write your toolkit on a small card
- ☐ Keep it somewhere safe and private

Your notes

## Good to know

- Choose things that are free and easy to do.



- You can also use the Calm toolkit tool on the FIRE website.

## Check your work

- ☐ I listed three things that help me feel calmer
- ☐ I named one person I can reach out to
- ☐ My toolkit includes a free act of self-care and a grounding step



## Permission to rest

|      |        |
|------|--------|
| Time | 15 min |
| How  | Group  |

Many women who have lived through abuse struggle to feel they deserve care. Exploring this together can be freeing.

**Private: only you see your answers**

This reflection is private. Write only what you want to. Nobody will collect or read it.

1. What does 'taking care of yourself' look like for you right now?

2. What makes it hard to give yourself permission to rest?

3. What is one kind thing you could do for yourself this week?



## EXERCISE 4.5 · LESSON 4.3: CONFIDENCE AND EMPOWERMENT

# Your strengths inventory

|               |                                                   |
|---------------|---------------------------------------------------|
| Time          | 20 min                                            |
| How           | Individual                                        |
| What you make | A private list of your strengths and recent wins. |

Gather evidence of your own abilities. It is a gentle challenge to the voice of self-doubt.

## Goals

- Name the strengths that helped you through hard times
- Recognise recent small wins

## Step by step

### Step 1 — What you came through (6 min)

- ☐ List three hard things you have come through
- ☐ Use only a few words for each

### Step 2 — Name the strength (6 min)

- ☐ For each one, name a strength it took to get through it

### Step 3 — Add more (5 min)

- ☐ Add one skill or quality others value in you
- ☐ Note one small win from the past week

### Step 4 — Read it aloud (3 min)

- ☐ Read the whole list slowly, aloud or quietly, to yourself

Your notes

## Good to know

- The hard things do not have to be about abuse.



- You can also use the Strengths inventory tool on the FIRE website.

## Check your work

- ☐ I named at least three strengths
- ☐ I included one recent small win
- ☐ I read my list back to myself



## The voice that returns

|      |        |
|------|--------|
| Time | 15 min |
| How  | Group  |

Reclaiming your voice can feel unfamiliar at first. Naming what you want, out loud, is part of the practice.

**Private: only you see your answers**

This reflection is private. Write only what you want to. Nobody will collect or read it.

1. When did you last feel truly listened to, and how did it feel?

2. What is one opinion or wish you would like to voice more freely?

3. What would you do differently if you fully trusted yourself?



## EXERCISE 4.7 · LESSON 4.4: LASTING RESILIENCE

# Your resilience plan

|               |                                                 |
|---------------|-------------------------------------------------|
| Time          | 20 min                                          |
| How           | Individual                                      |
| What you make | A short personal resilience plan, kept private. |

Bring the module together in a simple, personal plan for staying strong and supported.

## Goals

- Map your support network
- Plan what to do when a hard day comes

## Step by step

### Step 1 — My people (6 min)

- ☐ Name one person or service for each part of your support network: family, friends, groups, professionals

### Step 2 — My habit (4 min)

- ☐ Choose one daily habit you want to protect

### Step 3 — My meaning (4 min)

- ☐ Write one thing that gives you meaning and keeps you going

### Step 4 — My early signs (6 min)

- ☐ Note one early sign that tells you to reach out
- ☐ Decide who you would contact first on a hard day

Your notes

## Good to know

- Keep the plan where only you can find it.
- You can also use the My resilience plan tool on the FIRE website.



## Check your work

- ☐ My plan names at least one person or service I can contact
- ☐ I chose one daily habit
- ☐ I know my early sign and my first contact



## Looking forward

|      |        |
|------|--------|
| Time | 15 min |
| How  | Group  |

You have come a long way through these modules. This final reflection looks gently at the future you are building.

**Private: only you see your answers**

This reflection is private. Write only what you want to. Nobody will collect or read it.

1. What strength have you discovered in yourself on this journey?

2. What does a hopeful next chapter look like for you?

3. What is the first step you feel ready to take?



# Where to get help

These services are free and confidential. You can call them for yourself or for someone you support.

| Country  | Phone / web                                                          | Service                                                    | Cost and hours |
|----------|----------------------------------------------------------------------|------------------------------------------------------------|----------------|
| Italy    | 1522                                                                 | 1522 Anti-violence and stalking helpline                   | free · 24/7    |
| Italy    | <a href="http://direcontrolaviolenza.it">direcontrolaviolenza.it</a> | D.i.Re – national network of anti-violence centres         | free           |
| Italy    | <a href="http://inps.it">inps.it</a>                                 | Reddito di Libertà (freedom income)                        |                |
| Italy    | <a href="http://normattiva.it">normattiva.it</a>                     | State-paid legal aid (patrocinio a spese dello Stato)      | free           |
| Italy    | 02 2327 2327                                                         | Telefono Amico Italia                                      | 24/7           |
| Germany  | 116 016                                                              | Violence against Women Support Hotline (Hilfetelefon)      | free · 24/7    |
| Germany  | 116 006                                                              | Opfer-Telefon (WEISSER RING) – victims of crime helpline   | free           |
| Germany  | <a href="http://frauenhaus-suche.de">frauenhaus-suche.de</a>         | Women's shelter search (Frauenhaus-Suche)                  |                |
| Germany  | <a href="http://frauen-gegen-gewalt.de">frauen-gegen-gewalt.de</a>   | Women's counselling centres (bff)                          | free           |
| Germany  | 0800 111 0 111                                                       | TelefonSeelsorge (crisis line)                             | free · 24/7    |
| Germany  | <a href="http://vz-schuldnerberatung.de">vz-schuldnerberatung.de</a> | Recognised debt advice (Schuldnerberatung)                 |                |
| Germany  | <a href="http://service.justiz.de">service.justiz.de</a>             | Legal advice for people on low income (Beratungshilfe)     |                |
| Germany  | <a href="http://migrationsberatung.org">migrationsberatung.org</a>   | Migration advice for adults (MBE)                          | free           |
| Portugal | 800 202 148                                                          | Information Service for Victims of Domestic Violence       | free · 24/7    |
| Portugal | 116 006                                                              | APAV Victim Support Line                                   | free           |
| Portugal | 800 202 148                                                          | National Network for Victims of Domestic Violence (RNAVVD) | free · 24/7    |
| Portugal | <a href="http://gov.pt">gov.pt</a>                                   | Legal aid (proteção jurídica)                              | free           |
| Portugal | <a href="http://gov.pt">gov.pt</a>                                   | Bank Customer Support Network (RACE)                       | free           |
| Portugal | 213 544 545                                                          | SOS Voz Amiga (listening line)                             |                |



| Country       | Phone / web  | Service                                         | Cost and hours |
|---------------|--------------|-------------------------------------------------|----------------|
| Portugal      | 808 24 24 24 | SNS 24 psychological counselling (option 4)     | 24/7           |
| Portugal      | 808 257 257  | Migrant Support Line (AIMA)                     |                |
| Across the EU | 112          | 112 European emergency number                   | free · 24/7    |
| Across the EU | 116 006      | Helpline for victims of crime (where available) |                |

**In an emergency, call 112.**

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