

2022

Favors Life Recovery

JOURNALING WORKSHEETS MINI BOOKLET
REGINA Y. FAVORS, ONLINE LEARNING DEVELOPER

THE REGINA Y. FAVORS WEBSITE | Visit www.reginayfavors.com for tips.

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INTRODUCTION

The journaling topics explored within this mini booklet derive from the *Overcoming Setback Workbook: Processing Towards Life Recovery*.

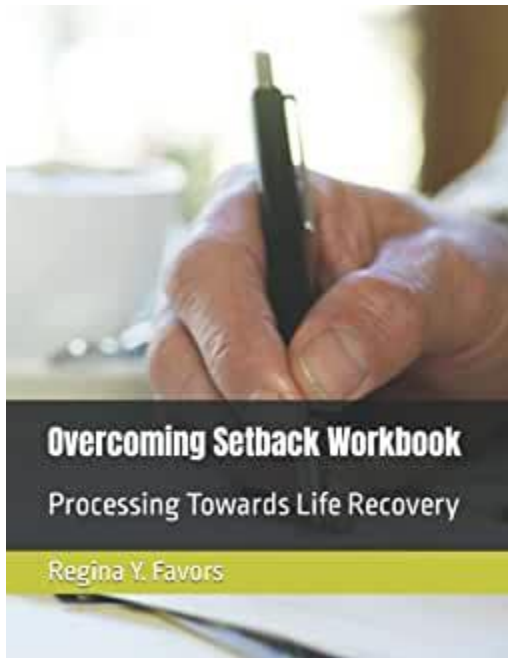
*Overcoming Setback Workbook: Processing Towards Life Recovery*¹ is a companion to the main title *Overcoming Setback: Five Keys for Entering and Exiting Correction*. The workbook is a useful tool for helping people reflect on those areas of setback that have been a struggle.

One of the obvious desires we have when we are in setback is the desire to get out of it quickly and move on with our lives. We feel we do not have the time to address the setback. The problem with this desire is that until you address your setback, you are doomed to repeat the patterns that led to the setback. You are in setback for a reason, and it is important to discover that reason.

Overcoming Setback Workbook is not just for the failed romantic relationship. It also works for the people who have life failures. They might have struggled on a job, lost the job, and then tried to get back into the workforce but had to accept less money.

People who have been angry for a long time are dealing with some unresolved, unacknowledged failure. People who suddenly yell may be dealing with burnout, which can happen when one is overextended in an area of their life. The workbook places these unresolved issues while in setback under different categories explored within this mini booklet.

¹ The initial title for this book was Life Recovery Highlights: The Favors Brief Guide to Overcoming Life's Little Setbacks.



The book is available on Amazon.com for purchase: *Overcoming Setback Workbook: Processing Towards Life Recovery* ([ISBN:9798409620097](https://www.amazon.com/dp/9798409620097)).

All materials are housed on the Regina Y. Favors website.

The Regina Y. Favors Website

The vision of the Regina Y. Favors Website is to be the preferred online curriculum you need for life recovery.

Visit www.reginayfavors.com for tips.



Life Recovery

Education Recovery Advocacy

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Twitter: <https://twitter.com/reginayfavors>

Linktree: <https://linktr.ee/reginayfavors>

Instagram: <https://www.instagram.com/reginayfavors/>

Facebook Store: Author Regina Y. Favors

Facebook Store: <https://www.facebook.com/lifereboundrecovery>

Main YouTube Channels

[Regina Y. Favors](#)

[Favors Financial Recovery](#)

[Favors Film Analysis](#)

[Favors English Lectures](#)

Related Websites

Favors Composition Lectures: Professional Digital Portfolio

www.favorscompositionlectures.com

How Do You Learn? Research Project

<http://www.howdoyoulearnresearchproject.com>

Favors Film Analysis

<http://www.favorsfilmanalysis.com> (In development)

Favors Writing Center

<http://www.favorswritingcenter.com> (In development)

The primary site, related sites, and channels are in development.

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: SOME PEOPLE CAN GET YOU KILLED

Think about some of the people in your life who have put you in danger.

“Be not deceived. Evil communication corrupts good manners” (1 Corinthians 15:33).

Questions:

Are you still willing to keep them in your life? If yes or no, then why?

Use the following space to journal your responses. Visualize that person you are willing to exit out of your life.

Response:

New Goals: What are some new life and/or friendship goals you may need to set for yourself?

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: RESPECT YOUR “NO”

Think about some of the people you struggle with saying “no” to and how it makes you feel.

“It’s only by saying “no” that you can concentrate on the things that are really important.”—Steve Jobs

Questions:

Given today’s climate where “no” is difficult to maintain, how do you plan on respecting your own “no”?

Are you still offering “no” but with explanation?

Consider these questions as you contemplate changes in your life.

Use the following space to journal your responses. Visualize that person you are willing to exit out of your life.

Response:

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: STOP PARENTING YOUR MAN

Think about a previous partner you felt you needed to parent and how it makes you feel.

“Your man already has a father. If he didn’t get what he needed from childhood, he will need to parent himself. It’s not up to you to parent him”—Regina Y. Favors

Questions:

When did you begin parenting your man? _____

What was the precipitating event? _____

Did parenting your man make him better? _____

Are you still parenting your man? _____

Use the following space to journal your thoughts. Consider the person you have been parenting.

Response:

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: DON'T LET HIM MOVE IN

Think about why you are predisposed to moving in an adult who cannot take care of himself.

*“He that answereth a matter before he heareth it, it is folly and shame unto him”
(Proverbs 18:13).*

Questions:

Moving in someone means moving in their belief systems as well as their attitudes towards you, good or bad.

Have you ever moved in a man? _____

If yes, how long did it take you to move him out? _____

Would you ever move in another man? _____

Response:

Use the following space to journal your responses. Consider that person's belief system. Consider how easily you volunteer your solutions before you fully understand the problem. _____

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: I'M NOT GOING YOUR WAY

Think about some of the reasons why you would change directions or your goals.

“It’s not hard to make decisions when you know what your values are.”—Roy Disney

Questions:

Think about your direction in life and about how important it is.

What are your core values? _____

What do you believe? _____

What do you hope to accomplish in life? _____

Use the following space to journal your responses.

Response:

Research sample core value statements. Consider those statements in your response.

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: NOT EVERYONE IS BUILT FOR A RELATIONSHIP

Think about your capacity for relationship-building and what it means for you and the assumptions you have made in the past.

“Assumptions are the termites of relationships.”—Henry Winkler

Questions:

Think about your past and current relationships.

Do you need to be in a relationship? _____

Do you want to be in a relationship? _____

Contemplate whether you believe a romantic relationship is right for you.

Use the following space to journal your responses.

Response:

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: DEALING WITH RELATIONSHIP FAILURE

Think about your views concerning relationship failure and how it makes you feel.

“I tried. The sweetest thing you could ever say for a failed relationship.”--Anonymous

Questions:

Think about your past relationship failure(s). Whether a relationship is on a break or is clearly broken up, it is still considered a failure. People often enter a rebound relationship out of a need not to feel the failure.

What do you think about relationship failure? _____

Have you ever used a short-term relationship, i.e., short-term mating strategy, to get out of feeling the failure of a relationship? _____

Contemplate reasons why you might use multiple strategies, including rebounding, to keep from accepting a relationship failure.

Use the following space to journal your responses.

Response:

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: I'M TOO SPECIAL FOR A DATING ROTATION

Think about your views concerning dating and employing members of a dating rotation.

*“I need a dating rotation until he steps up.”--
Anonymous*

Questions:

The new dating trend is the adoption of dating rotations. Both men and women use this short-term mating strategy. Men often rate the women they are dating, married to, or using in a dating rotation.

On a scale of 1 to 10, how do you think your boyfriend/husband rate you? _____

How do you feel about rankings? _____

Use the following space to journal your responses.

Response:

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: I'M TOO SPECIAL FOR A SHACKING SITUATION

Think about your views concerning pre-marital cohabitation, i.e., living together.

“Why buy the milk when you can get the cow for free?”—Anonymous

Questions:

Shacking, living together, and pre-marital cohabitation are the norm. It is not the exception to the rule anymore. It is the rule, and people rarely see the vision of their decisions.

Do you believe romantic partners should shack until they are 80 years old? _____

How do you feel about shacking if you desire to get married? _____

Do you want to marry? _____

Use the following space to journal your responses.

Response: _____

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: THE WOMAN WHO SAYS SHE SHOULD HAVE CHEATED

Think about your views concerning cheating and infidelity. Consider your state of mind.

*“Cheating is a choice, not a mistake.”—
MissDateDoctor*

Questions:

To cheat means to exit.

Do you believe cheating is effective for exiting a romantic relationship? _____

How many strategies have you used to justify exiting a relationship? _____

Do you cheat? _____

Use the following space to journal your responses.

Response:

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: WHEN YOU HOLD DOWN A CHEATER

Think about your views concerning staying with a romantic partner who is a cheater and/or continues to cheat. Consider your state of mind.

“Never argue with someone who believes their own lies.”—Marriage.com

Questions:

Taking responsibility for someone’s responsibility is taxing on the mind and the body.

At what point do you think you will let go of their responsibility? _____

Take inventory of your current responsibilities. Do you have time to complete your partner’s responsibilities?

Use the following space to journal your responses.

Response: _____

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: WHEN HE USES YOUR MONEY

Think about your views concerning giving men money.

“Money does not change people. It unmask them.”—Picturequotes.com

Questions:

When you let someone use your money, you encourage a belief system that money only has value when you are letting someone use it.

Who in your life is using your money to fund their lifestyle? _____

Why do you permit someone to use your money to fund their lifestyle? _____

Use the following space to journal your responses.

Response:

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: WHEN YOU PLAY YOURSELF

Think about the one or more times you have played yourself with a romantic partner or friend.

*“The key is to be honest. Be honest, but don’t play yourself.”—DJ Khaled,
Picturequotes.com*

Questions:

One of the hardest things to do is to accept the fact that you have mishandled yourself with your partner or with a friend. It is not the people who play us. We play ourselves.

How have you played yourself in a previous relationship, whether romantic or friendship? _____

What are some goals you need to set to prevent playing yourself in interpersonal relationships of any kind? _____

Response: _____

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: WHEN YOU MEET YOUR SNAKE

Think about your understanding concerning conmen or con women.

“Opportunity is missed by most people because it is dressed in overalls and looks like work.”—Thomas A. Edison

Questions:

Snakes come in all shapes and sizes. The presence of a snake or snakes is a crossroad moment. Snakes suggest that you make a choice either to settle or move forward.

Who is a snake in your life? _____

What are your plans to exit a snake out of your life? _____

Response:

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: THE ONE WHO GOT AWAY

Think about your views concerning a person you now believe was the person for you.

“In another life, I would make you stay so I don’t have to say you were the one that got away. The one that got away.”—Katy Perry

Questions:

Sometimes indifference towards someone who is showing you consistent love is the hardest thing to grapple with once you understand yourself and your decisions.

Who was the one person who got away? _____

Did you let them go? Did they let you go? _____

What would you do differently, knowing what you know now about that person?

Response:

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: WHY RELATIONSHIPS FAIL

Think about your views about relationship failure and how it has had an impact upon you.

*“Letting go doesn’t mean that you don’t care about someone anymore. It’s just realizing that the only person you really have control over is yourself.”—
Deborah Reber, Everydaypowerblog.com*

Questions:

Relationships fail simply because each person is operating with a different goal in mind.

One person in the relationship has a goal of short-term and the other partner has a goal of long-term. Not everyone believes in marriage and staying longer than two years in a relationship.

How did your relationship fail? _____

What were some of the reasons you gave? He gave? _____

Response: _____

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: WHEN YOU BURN OUT

Think about your views concerning personal and professional burnout.

“Burnout is what happens when you try to avoid being human for too long.”—Michael Gunger

Questions:

If you are suffering from burnout, it is likely that you have been fighting the wrong battles on top of the right battles necessary for your journey.

Are you fighting other people’s battles? _____

How does your mind, heart, body, and money respond to fighting other people’s battles?

Response:

JOURNALING TOPICS

Use this worksheet to journal your responses to each writing task.

TASK: WHEN REST IS NEEDED AFTER BREAKUP

Think about your views concerning the need for emotional and psychological rest after a romantic breakup.

“Never allow someone to be your priority while allowing yourself to be an option.”— Anonymous

Questions:

People believe that the only way to get over someone or a breakup is to get another person or enter a rebound relationship, for example.

Rest is always needed after a breakup. It should be the rule and not the exception.

What do you think? _____

Response:

ABOUT REGINA Y. FAVORS WEBSITE

The Regina Y. Favors Website is a central resource for encouraging people to overcome setback and pursue life recovery. The site is primary for all Favors branded products. It serves as the Favors Life Recovery Coaching Curriculum.

VISION

The vision of the Regina Y. Favors website is to be the preferred online curriculum you need for life recovery.

MISSION

The mission of the Favors Life Recovery Coaching Curriculum (LRC) is to provide the tools to help individuals address and overcome life's little setbacks in three areas—academically, professionally, and personally—through books, serials, and online learning content.

PURPOSE

The Favors Life Recovery Coaching Curriculum teaches and guides you through addressing and overcoming your setback(s) and adopting a transition plan. This curriculum ushers you to the life vision you must adopt, which is to be the exception to the rule. Therefore, be the exception!

ABOUT REGINA Y. FAVORS

My name is Regina Y. Favors. I am the sole proprietor and future LLC single member of The Regina Y. Favors Learning Center, dba Favors Learning Center, an emerging small business.



I wear many hats, and I am responsible for designing the content and audio lessons housed on this site, various related sites, and social media sites.

WRITER/AUTHOR

I am the writer and author of several books on the topics of romantic relationships, overcoming life setback, and moving towards life recovery. All books at this point are in final editing to ensure consistency. They will be available by December 2022. In addition, more online and video projects are in progress.

ACADEMIC BACKGROUND

My academic background includes a B.A. and M.A. in English from San Diego State University. I am a former Adjunct English Instructor for Dallas College, Richland Campus, located in Dallas, Texas. I am taking some time away from teaching to create English and Psychology online lectures. I hope to return to teaching later in my professional development as well as earn a doctorate in either English, Psychology, or Instructional Design.

CURRENT PROGRESS

To support my efforts with encouraging life recovery, I am currently completing a second master's degree in general psychology through The Chicago School of Professional Psychology where I focus my research efforts on chronic homelessness, motivational interviewing, and views on permanent supported housing. I also focus research on personality theory, intrinsic vs. extrinsic motivation, fixed mindset vs. growth mindset, goal orientation, and related theories that address the whole person. I am inactive, i.e., taking a break from studies.

For example, I am interested in encouraging homeless individuals who obtain PSH housing to stay beyond the two years because people who gain housing often struggle with adopting life skills. The psychology research explores issues with former homeless people feeling “homeless in a home.” My current efforts include developing an annotated bibliography of that psychology research focusing on understanding the problem and designing solutions regarding this area of theory. The audio lectures will be available later.

RESEARCH INTERESTS

My research interests are varied, but they all focus on overcoming life setback and reaching towards life recovery for academic, professional, and personal contexts.