

CATCH INMATES DOING ~~WRONG~~ GOOD

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HAVE YOU NOTICED THESE SIGNS OF MOTIVATION IN YOUR INMATES?

EXPRESSING SINCERE INTENTIONS TO CHANGE

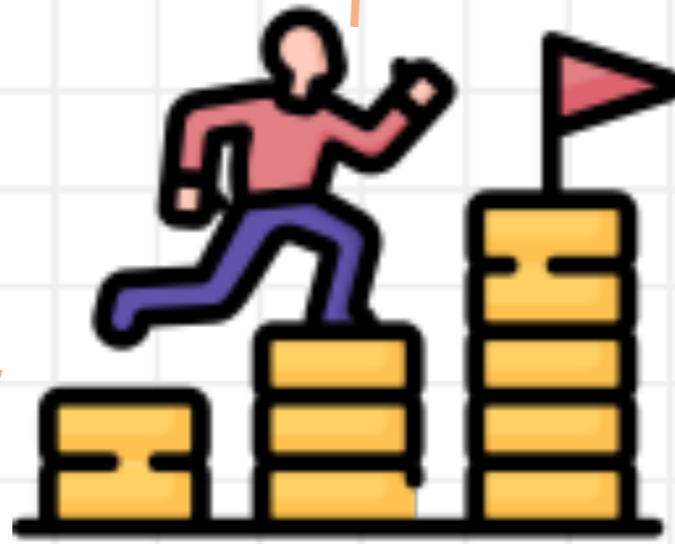
"I want to keep clean (from drugs) so that I can go back to my daughter... contribute to expenses... do my part as a father and husband."

RECOGNISING COSTS TO THEIR OFFENDING

"I loss my family trust, my beloved mother who is very old and sick."

SPECIFYING GOALS & PLANS TO CHANGE

"I'm applying CBA (cost-benefit analysis) in my daily life... write down notes of my plans... do breathing exercises, do self-talk."



Motivated Inmate

Did You Know?

A CRB research with 18 DRC inmates found that motivated inmates displayed observable signs of motivation.

Providing inmates with motivational risk & strengths feedback could increase their motivation.

ARE THERE OTHER SIGNS OF MOTIVATION YOU HAVE NOTICED?



HOW TO INSPIRE MOTIVATION IN INMATES?

- 1 **LOOK OUT** for signs of motivation in them
- 2 **PROVIDE FEEDBACK & BRING AWARENESS** to their areas of risks/needs
- 3 **HIGHLIGHT THEIR STRENGTHS & ENCOURAGE** them to build on it
- 4 **WORK WITH THEM** to set **ACHIEVEABLE** prosocial life goals
- 5 **SUPPORT** their effort to change



WHAT CAN YOU DO?