

# HELP THE COURT SEE YOU AS A SURVIVOR

If the court is using the painful experiences that you've had in your past as proof that you are not capable of raising your child, you may want to find ways to show the court that through it all, you've shown resilience. Resilience is another way of saying that you've shown the ability to keep on going and growing in the face of hardship. It can be a good idea to work with the advocate or social worker that is part of your legal team to fill out this worksheet and strategize about how you want the information used in court. You may even want to use this worksheet and work with your advocate or social worker to write your own letter to the court.

## **PAINFUL EXPERIENCES RAISED IN COURT**

## **SERVICES, SUPPORTS, AND OTHER WAYS YOU'VE ADDRESSED THAT EXPERIENCE**

## **WAYS YOU'VE GROWN FROM THAT EXPERIENCE**

## **WHAT YOU'VE ACCOMPLISHED SINCE THAT EXPERIENCE**