



**REACH OUT STAY STRONG  
ESSENTIALS**



**ROSE**

**FOR NEW PARENTS/  
CAREGIVERS WORKBOOK**

Adapted by Cassandra Uthman





# About the ROSE Program

## **Session A**

Education

## **Session B**

Being a Parent/Caregiver

## **Session C**

Relationships and Communication

## **Session D**

Planning for the Future

We will meet every \_\_\_\_\_,

From \_\_\_\_\_ to \_\_\_\_\_.


Session E will be a meeting after the birth of your baby.





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# Education

## Session A

COMMON COMPLAINTS FROM NEW PARENTS/CAREGIVERS

PARENTS/CAREGIVERS

BABY BLUES

POSTPARTUM DEPRESSION

WHERE TO GET HELP

RESOURCES



# COMMON COMPLAINTS FROM NEW PARENTS / CAREGIVERS

The new demands, challenges and pressures of parenthood/caregiving can leave you feeling overwhelmed. Here are some common complaints of new parents/caregivers:

- I am irritable
- I can't sleep
- I feel so nervous
- I feel so guilty
- I feel so tired
- I can't feel anything
- I have no interest in normal activities
- I can't get going
- I can't stop eating



## BABY BLUES

30-80% of people experience Baby Blues

It usually occurs 2-5 days after delivery and usually goes away after about two weeks

- Crying
- Mood swings
- Exhaustion
- Tension
- Anxiety
- Restlessness






## POSTPARTUM DEPRESSION

- Sleep problems (example: you cannot return to sleep after feeding the baby)
- Eating problems-eating too much or too little
- Anxiety and worry
- Avoiding people, avoiding contact with the baby, wanting to be on your own
- No energy
- Death wish, suicidal thoughts
- Difficulty having positive feelings towards the baby
- Difficulty making decisions
- Mania-feeling speedy, being excitable and irritable, talking fast, and having less need for sleep
- Panic attacks
- Fears for the baby, fantasies about harming or killing the baby

**If you ever feel that you might hurt yourself, your baby or anyone else, please talk to your healthcare provider or call 911**





***You are not alone***



***You are not to blame  
and***

***You CAN feel better***



## WHERE TO GET HELP?

### YOU ARE NOT ALONE! HELP IS AVAILABLE!

The key is reaching out for support when you need it.

#### 1. LEAN ON FAMILY AND FRIENDS

A few hours of weekly childcare can give you a much needed break.

Sharing feelings openly allows family & friends to provide support.

#### 2. TALK TO A HEALTH CARE PROFESSIONAL

Doctors will know what options are available to you for assistance and will be familiar with perinatal depression.

#### 3. FIND A SUPPORT GROUP

There are others in your community suffering in similar situations; sharing your feelings in a group of individuals experiencing the same thing can be helpful.

Talk to your health care provider about how to join a group.

#### 4. TALK TO A MENTAL HEALTH CARE PROFESSIONAL

Mental health care professionals can give you a safe place to express your feelings and will be useful in assisting with management of your symptoms.

#### 5. FOCUS ON WELLNESS

Eat a healthy variety of colorful foods, healthy snacks, and avoid alcohol use.

Exercise, invite friends to go on walks, try a new activity, take time to stretch muscles.



# MY RESOURCES

## DOMESTIC VIOLENCE

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## MENTAL HEALTH

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## PARENTING

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## LEGAL SERVICES

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## SUICIDE PREVENTION

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# Being a Parent/Caregiver

## Session B

CHANGING ROLES

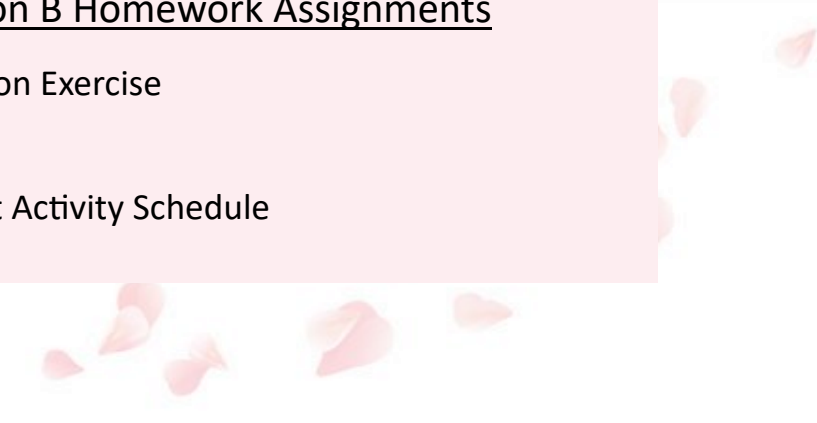
PARENT/CAREGIVER'S SURVIVAL KIT

INCREASING PLEASANT ACTIVITIES

MY CLOSE PEOPLE

DECREASING STRESS

### Session B Homework Assignments

1. Daily Relaxation Exercise
  2. Daily Pleasant Activity Schedule
- 



## CHANGING ROLES

### GAINS

Slow your pace  
Spend time with your baby  
Discover hidden talents  
Learn new things  
Nice excuse out of chores  
Reactions that the baby has  
Growth of the baby

### LOSSES

Loss of routine  
More household chores  
Less time for partner  
Loss of productivity  
Loss of social life  
Loss of space  
Isolation

### EXPLORATION OF BENEFITS GAINED

What kinds of new opportunities may arise for ***you***  
when your baby arrives?

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***Care For The  
New Parent/Caregiver***

***Be your Own  
Best Friend***





# INCREASING PLEASANT ACTIVITIES

1. Thinking about people I like
  2. Seeing beautiful scenery
  3. Breathing clean air
  4. Watching people
  5. Having a frank and open conversation
  6. Sitting in the sun
  7. Wearing clean clothes
  8. Doing a project in my own way
  9. Listening to music
  10. Reading stories, novels, poems, or plays
  11. Expressing my love to someone
  12. Being with someone I love
  13. Complimenting or praising someone
  14. Listening to the radio
  15. Seeing old friends
  16. Soaking in the bathtub
  17. Collecting things (coins, shells, etc.)
  18. Going to a movie in the middle of the week
  19. Laughing
  20. Thinking about my past trips
  21. Reading magazines or newspapers
  22. Taking care of my plants
  23. Singing around the house
  24. Practicing religion (going to church, group praying, etc.)
  25. Painting
  26. Doing needlepoint, crewel, etc.
  27. Sleeping
  28. Doing arts and crafts
  29. Making a gift for someone
  30. Sewing
  31. Going to the beauty parlor
  32. Daydreaming
  33. Watching TV
  34. Thinking about pleasant events
  35. Writing diary entries or letters
  36. Meditating
  37. Playing cards
  38. Seeing and/or showing photos or slides
  39. Knitting
  40. Doing crossword puzzles
  41. Dressing up and looking nice
  42. Getting a massage
  43. Making a jigsaw puzzle
- 



## New Parent/Caregiver's Survival Kit

Nurture yourself physically (e.g., adequate rest, proper food, exercise)

Take breaks “mini vacations” (rest is rest-no chores during breaks!)

Give yourself credit, don't forget to include the small tasks

Plan at least one event a day involving an adult (e.g., phone call to a friend)

Plan for something fun (e.g., a TV show, bubble bath, look at old pictures)

Ask for help-you cannot do it all

Postpone major changes in your life





*Treat yourself*

*You deserve it*



*This is an important time  
to take*

*care of yourself*





# MY CLOSE PEOPLE

*Next to the numbers below, list the adults that are closest to you.*

Think about the following:

- Who are the people in each area that you see the most often?
- To whom can you seek for help?

## FAMILY

1. \_\_\_\_\_

2. \_\_\_\_\_

## SPIRITUAL

1. \_\_\_\_\_

2. \_\_\_\_\_

## OTHER

1. \_\_\_\_\_

2. \_\_\_\_\_

## FRIENDS

1. \_\_\_\_\_

2. \_\_\_\_\_

## WORK

1. \_\_\_\_\_

2. \_\_\_\_\_

# DECREASING STRESS



I want you to make yourself comfortable.

If you want, you can close your eyes.

We are going to start with your feet - curl your toes,  
and relax them.

Now dig your heels into the ground and feel the tightness in your legs, and relax - good. Your legs feel loose and heavy.

Now tighten your stomach - hold, feel the tightness and release - very good.

Now I want you to arch your back - feel the tension in your spine and relax your back - just let go - let all the tension leave your body - good.

Make a fist with your hands and slowly raise them to your shoulder - feel the tightness in your arms and let go - just let your arms drop to your side and be loose and heavy, good.

Now raise your shoulders to your ears - feel the tightness in your neck, hold and release - let all the tension go.

I want you to now tighten your mouth as tight as you can - feel the tight-ness in your jaw - good and just relax.

Take a deep breath in - and exhale - just feel all the tension leave your body.

Now tighten your eyes as tight as you can squeeze them - and let go of your body, so it feels nice and relaxed - good, very good. Focus on how calm and relaxed you feel - think of yourself on a soft cloud- feel the soft-ness of the cloud and sink into the cloud - your body feels so loose and heavy. Feel the warm sun on your body and the cool breeze on your face.

Just relax - you feel so peaceful and so safe.

(pause)

Now I am going to count backwards from 5 and when I get to 1, you are going to open your eyes slowly and the feeling of calm and peace will stay with you for the rest of the day.

Breath in 5 . . . and exhale calm

Breath in 4 . . . and exhale calm

Breath in 3 . . . and exhale calm

Breath in 2 . . . and exhale calm

Breath in 1 . . . and out . . . think calm

**As you slowly open your eyes, the calm and peace will stay with you.**

<https://publichealth.msu.edu/flint-research/the-rose-sustainment-study/9-flint/97-decreas-ing-stress-activity>

# Daily Pleasant Activity Schedule

Please plan at least three daily activities into your weekly schedule  
and rate how satisfied you felt afterwards.

DAY	DATE	ACTIVITY When and Where?	COMPLETE How satisfied did you feel? 0 = not at all 10 = very satisfied
M			<input type="checkbox"/>
T			<input type="checkbox"/>
W			<input type="checkbox"/>
TH			<input type="checkbox"/>
F			<input type="checkbox"/>
S			<input type="checkbox"/>
SU			<input type="checkbox"/>

SIGNED: \_\_\_\_\_



# Relationships and Communication

## Session C

COMMUNICATING WITH LOVED ONES

REMEMBER YOUR RIGHTS

TIPS FOR ASKING OTHERS FOR HELP


GOLDEN RULES FOR BEING ASSERTIVE

### Session C Homework Assignments

1. Practice being Assertive
2. Remember :

Daily Pleasant Activities

Daily Relaxation Exercise





## COMMUNICATING WITH LOVED ONES

I would like to change my communication style with:

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1. How is your communication style going with this person? (-10 to 0, communication style is going extremely badly; 1 to 10, extremely well).

**-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 8 9 10**

2. What are the two best things about how you communicate with this person? *What kinds of things does this person say or do that make you happy? What makes this person special to you?*
- 
- 





## COMMUNICATING WITH LOVED ONES

1. What are the two worst things about how you communicate with this person? *What kinds of things do they do that are hard on you? What kinds of things do they forget to do? Do you feel like you get enough time/attention/caring from this person?*  

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2. Interpersonal goals: What kinds of changes or support would you like from this person, other than what he/she/they does now? *It is ok to want a person to give more or less of something they already do. It is also ok to ask for support to mean that a person stops doing something that hurts someone's feelings. If it is hard to identify kinds of support, sometimes it is helpful to think about what a person could possibly say or do that would be helpful.*  

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# COMMUNICATING WITH LOVED ONES

Rate the probability that the other person could  
provide the support you need to reach your goals:

## GOALS:

## MY RATING:

*0: not probable 10: very probable*

1. \_\_\_\_\_ 0 1 2 3 4 5 6 7 8 9 10

2. \_\_\_\_\_ 0 1 2 3 4 5 6 7 8 9 10

3. \_\_\_\_\_ 0 1 2 3 4 5 6 7 8 9 10

4. \_\_\_\_\_ 0 1 2 3 4 5 6 7 8 9 10

5. \_\_\_\_\_ 0 1 2 3 4 5 6 7 8 9 10



## REMEMBER YOUR RIGHTS

- It is OK to want or need something from someone else.
- I can insist on my rights and **still** be a good person.
- I sometimes have a right to assert myself, even if I may inconvenience others.
- I may want to please people I care about, but I don't have time to please them all of the time.
- The fact that I say no to someone does not make me a selfish person.
- I can still feel good about myself, even though someone else is annoyed with me.

You cannot do everything yourself.

Speak up for yourself.

Stay focused on YOUR needs.





## TIPS FOR ASKING OTHERS FOR HELP

### **TIMING:**

Choose a quiet time. Introduce the fact that you want to talk about something.


### **NONVERBAL BEHAVIOR:**

Use an appropriate tone of voice, avoid threatening posture, make eye contact with the other person, face them directly.

### **SAY SOMETHING**

#### **POSITIVE:**

Sandwich the negative between positives. Start with a positive and end with a positive.



# GOLDEN RULES FOR BEING ASSERTIVE

## DO'S

An assertive statement has three parts:

I think . . .

I feel . . .

I want . . .

### Do's Rules Include:

Take your **time** (when saying no, "Can I let you know tomorrow?")

Openly state your **own** feelings, or changes you would like.

Avoid any attacks on the other person, any **threats**, or **insulting statements** about the other person.

**Avoid:** "Never, should, and always."

Deal with **one issue** at a time (in contrast to "kitchen sinking").

Criticize the **behavior**, not the person (say what you want them to do, not what you want them to be).

Ask them for what **you** want (in contrast to telling them what they should do).

("Thanks for being so understanding, I really appreciate it").

Be willing to **give to get**.


Turn the table: Ask them, "what do **you** think we should do?"



# GOLDEN RULES FOR BEING ASSERTIVE

## DONT'S

### DONT'S RULES INCLUDE:

- |   |   |
|---|---|
| Judge or blame  | Give a whole list                         |
| Over-apologize  | ("kitchen sinking")                       |
| Put yourself down   | Beat around the bush                      |
| Guess the other person's intentions                                   | Tell the other person what they should do |
| Mind-read   |   |
| Expect people to know what you want them to do if you don't tell them |   |
- 



## HOMework ON MAKING AN ASSERTIVE REQUEST

1. One change I will ask for this week

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2. Because I want them to listen without feeling upset, I need to be careful to:

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3. Date I will try this on:

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Person with whom I will try this:

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# DAILY PLEASANT ACTIVITY SCHEDULE

Please plan at least three daily activities into your weekly schedule and rate how satisfied you felt afterwards.

DAY	DATE	ACTIVITY When and Where	COMPLETE How satisfied did you feel? 0 = not at all 10 = very satisfied
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TH			<input type="checkbox"/>
F			<input type="checkbox"/>
S			<input type="checkbox"/>
SU			<input type="checkbox"/>

SIGNED: \_\_\_\_\_



# PLANNING MY FUTURE

## Session D


### ASKING FOR HELP

### PLANNING FOR THE FUTURE: MY GOALS

### ROSE FINAL TIPS

## SESSION D

#### Session D Homework Assignments

1. Finish Goal Setting
  2. Remember:
    - Daily Pleasant Activity Schedule
    - Daily Relaxation Exercise
- 

# ASKING FOR HELP: WHO, ME? NEEDY?

"Our society has put parents in a position to think that they must do it **all**. Superheroes, in reality, are few and far between."

*Corey*

"Asking for help brings up feelings of **failure**."

*Pat*



## ASKING FOR HELP: WHO, ME? NEEDY?

"You never know what kind of  
you will get. My parents said, 'you just  
have to deal with it.' This attitude just  
shuts people down."

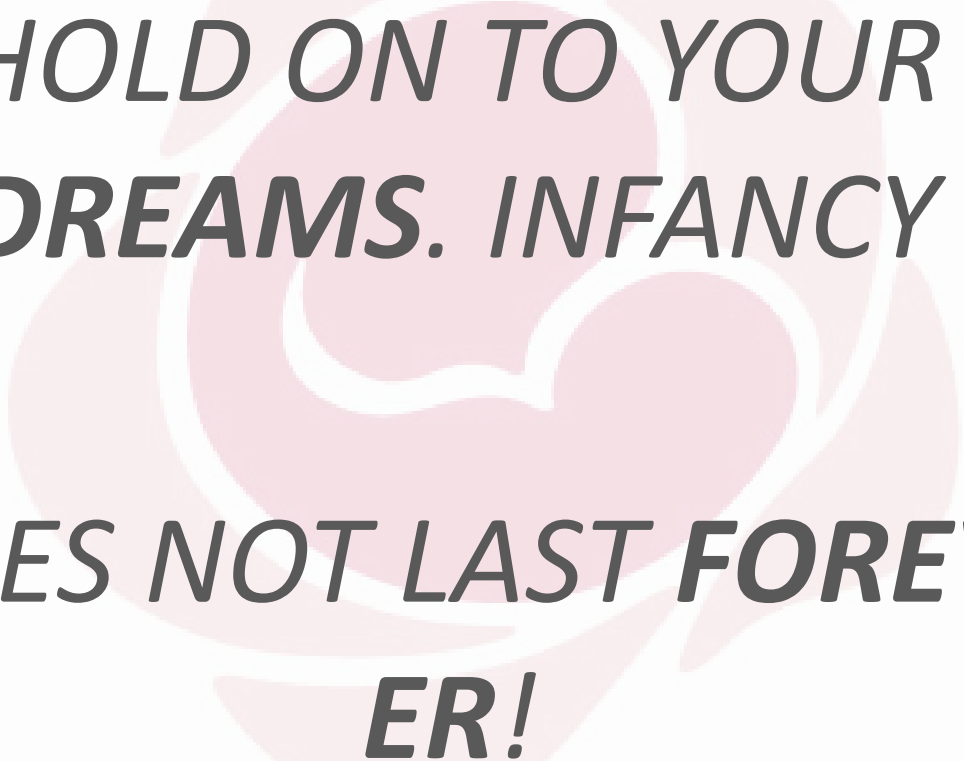

*Gabriel*




ASKING FOR HELP IS HARD. THERE ARE  
MANY REASONS WHY SOMEONE  
WOULD NOT FEEL COMFORTABLE  
ASKING FOR OR ACCEPTING HELP .

# PLANNING FOR THE FUTURE: MY GOALS

MY GOALS	Short-Term Goals (1-3 months)	Middle Goals (3 mo. - 1 year)	Long-Term Goals (1-3 years)
FRIENDS			
FAMILY			
HEALTH			
FINANCES			
PROFESSIONAL			
SPIRITUAL			



***HOLD ON TO YOUR  
DREAMS. INFANCY  
DOES NOT LAST FOREV-  
ER!***





# ROSE FINAL TIPS

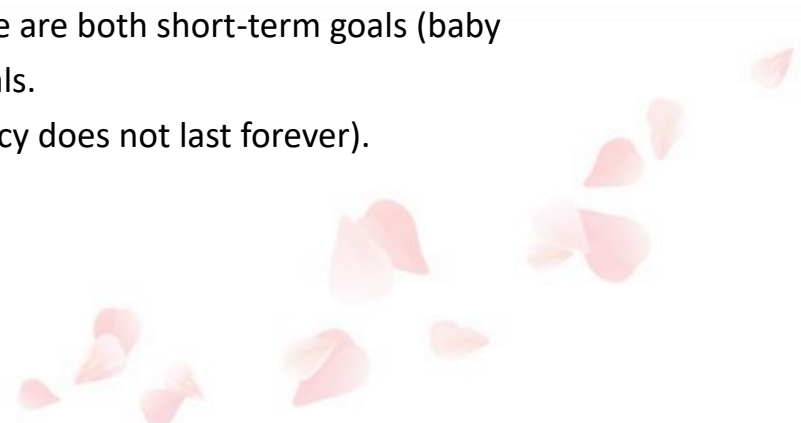
## PLEASANT ACTIVITIES

1. Remember it is important to **nurture** yourself, and to develop new ways of doing so (if necessary).
2. Adding in **positive activities** can lessen distress and increase your energy and positive outlook.
3. Remember your pleasant activity contract.

## RELAXATION

1. Learning how to **manage stress** will make you feel better, increase your sense of control, and empower you.
2. Remember to do your relaxation exercises.

## CHANGES: BECOMING A NEW PARENT/CAREGIVER

1. Big changes in life, like having a baby, can be stressful.
  2. Becoming a new parent/caregiver involves **new demands** and losses.
  3. You may feel fearful, sad, tense, & frustrated - remember ***you are not alone and you are not to blame.***
  4. It is important to talk about your feelings, **reach out.**
  5. It is important to replace lost **goals** when experiencing losses and changes in life. There are both short-term goals (baby steps) and long-term goals.
  6. Set ongoing goals. (Infancy does not last forever).
- 

# ROSE FINAL TIPS



## DEALING WITH RELATIONSHIPS

1. You have the right to ask for help and the right to say **NO**.
2. Relationships need constant work, especially when there are changes like having a new baby in your life.
3. **Maintain balance** in your relationships - demands must not outweigh your needs.

## REMEMBER

CELEBRATE YOUR EFFORTS AND SUCCESSES,  
GIVE YOURSELF CREDIT, EVEN FOR THE SMALL  
THINGS THAT YOU DO  
AS A PARTNER, FAMILY MEMBER, FRIEND, OR  
SOON-TO-BE PARENT/CAREGIVER.



## MY RESOURCES

When I am feeling down or overwhelmed, I can reach out to the following people/resources:

### NAME:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

### PHONE NUMBER:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**\*REMEMBER TO USE THIS SHEET AS A REFERENCE IF YOU ARE FEELING OVERWHELMED OR NEED ASSISTANCE.\***



# DAILY PLEASANT ACTIVITY SCHEDULE

Please plan at least three daily activities into your weekly schedule and rate how satisfied you felt afterwards.

DAY	DATE	ACTIVITY When and Where	COMPLETE How satisfied did you feel? 0 = not at all 10 = very satisfied
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F			<input type="checkbox"/>
S			<input type="checkbox"/>
SU			<input type="checkbox"/>

SIGNED: \_\_\_\_\_

# Certificate of Completion

*Awarded to:*

*for successfully completing the ROSE Program*

*Presented on:*

*By:*

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# GRIEF

- Find comfort in nurturing.
- Find comfort in being nurtured.
- Grieve past losses.
- Be irritable.
- Be happy sometimes!
- Feel impatient with grief, remember to allow time.
- Think about the baby often, or “what might have been.”
- Feel the baby’s presence.
- Feel jealous of people who are pregnant, and find it almost impossible to be around close family and friends with babies.
- Reach for something you might have done to cause this. Forgive and love yourself! Most problems are not preventable.
- Feel like you have “failed.”
- Feel like you will never be back to normal , which is true, it will ever be the same , but a “ new normal.”



## WAYS TO TAKE CARE

### PHYSICAL NEEDS

Rest

Exercise

Proper food

### EMOTIONAL NEEDS

Share your feelings—(close friends, relatives)

Express your feelings—(write, sing, talk, draw)



# CHOOSING A HEALTHY RELATIONSHIP

## Some information about healthy relationships:

I will have a partner in my life who...

- \* Supports my time spent with friends and family.
- \* Supports me doing the things I enjoy and helps me grow as a person.
- \* Makes me feel good about myself.
- \* Asks for and listens to my opinions.
- \* Respects my privacy (I do not need to share my password to my email, Facebook, and phone).
- \* Respects and trusts me, and treats others with respect.

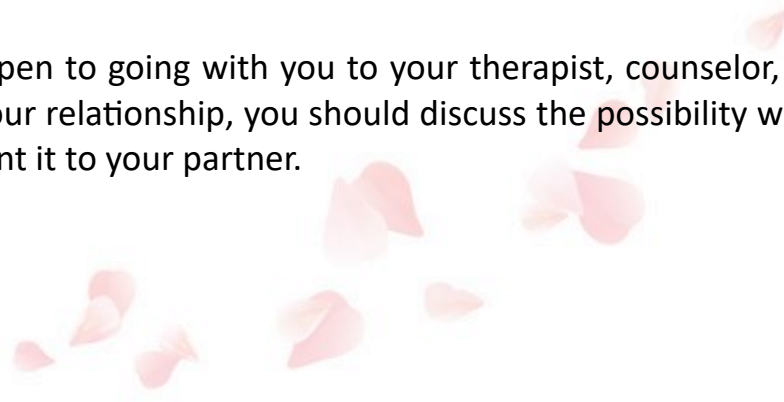


If your relationship is unhealthy, such as your partner giving you constant criticisms, having little caring, not respecting your likes and dislikes, or threatening you, it is important to think about your safety.

## Consider...

- \* You cannot force a person to change their behavior.
- \* Focus on your needs, take care of yourself.
- \* Do not isolate yourself. Find emotional support.
- \* Think about breaking up. You deserve to feel safe and accepted in your relationship

If you think your partner might be open to going with you to your therapist, counselor, or doctor to talk about the conflict in your relationship, you should discuss the possibility with your therapist and how best to present it to your partner.





# OBTAINING A RESTRAINING ORDER

## What is a Temporary Restraining Order? (TRO):

If you think you might be in any danger, a temporary restraining order is recommended.

It is NOT a guarantee of safety, but it is a legal court order that says your abuser must stay away from you.

With a temporary restraining order (TRO), your abuser can be arrested if he/she/they tries to contact you.

**There is no fee for a TRO, and you do not need an attorney to get a TRO.**

## How to get a Temporary Restraining Order (TRO):

1. Go to your local family or district court to fill out paperwork.
2. After the paperwork is given to a clerk, a judge will review it, and the judge may or may not ask you questions.
3. If the judge signs the order, it is valid for **up to 21 days**.
4. A court officer will then serve your abuser with a copy of the restraining order.

If you feel you are in danger during evening, weekend, or holiday hours, you may be able to get an emergency restraining order against your abuser. **Call your local police department.** Police have 24-hour access to Family Court and District Court judges who can issue an emergency order of protection.

If you get an emergency restraining order, you will need to go to court on the next business day to finalize the restraining order.

**If you are unsure of what to do, you can call a domestic violence agency or a restraining order office for more information.**

### Some Helpful Phone Numbers:

These numbers are also listed on your ROSE Resource Card

**Coalition Against Domestic Violence (National)**

1-800-494-8100 (24-hours)

**Other Useful Numbers**





## **SAFETY PLAN FOR BREAKING UP**

**Ending the relationship might be the best decision for you in the long run, but the break up period can be the most dangerous time in an abusive relationship. They may try to control you through guilt trips, threats or insults. It may be very difficult to have a peaceful or mutual breakup with an abusive partner.**

### **Some Safety Tips:**

**Plan the break up with help from people you trust.**

Speak to your counselor or doctor, or let trusted friends and family know when and how you are breaking up.

**Do not break up in isolated place.**

Do it where there are people around, especially trusted people. If you do not feel safe, break up over the phone or email.

**Prepare what you will say to your partner,** why you are ending the relationship. Only say it once.

**Avoid being alone with your ex-partner.**

If your ex comes to your house when you are alone, don't go to the door.

**Ask for help.** Memorize important numbers in case you do not have a cell phone with you. Change your routes and routines, and ask trusted people to be with you.

**Trust your feelings: if you are afraid, you probably have good reasons.**

If you are in immediate danger, call 911.

**If you think you might be in danger, get a restraining order.**



A faded background image of a man and a woman in a heated argument. The woman is covering her ears, and the man is shouting. Red rose petals are falling around them.

# SAFETY PLAN IF YOU ARE IN AN ABUSIVE RELATIONSHIP

## Some Safety Tips:

- \* Think of a safe place to go if an argument occurs - avoid rooms with no exits (bathroom), or rooms with weapons (kitchen, garage).
- \* Think about and make a list of safe people to contact.  
Keep change with you at all times. Keep car keys (and purse) ready and always put them in a place where you can get them quickly.
- \* Think ahead of safe places you could go (such as staying with a trusted friend or family member)
- \* **Talk with people you trust** such as friends, family, neighbors, co-workers, or your therapist, counselor, or doctor.
- \* Use your judgment and intuition. If the situation is very serious, give your partner what he/she wants to calm him/her down.


If your partner has been violent in the past, chances are good it will happen again, even if your partner promised it wouldn't happen again. **Remember you do not have control over your partner's violence, but you have some control over how you prepare for it and respond to it.**



# SAFETY PLAN IF YOU LEFT AN ABUSIVE RELATIONSHIP

If your partner has been violent in the past, chances are good it will happen again, even if your partner promised it wouldn't happen again. Remember you do not have control over your partner's violence, but you have some control over how you prepare for it and respond to it.

## Some Safety Tips:

- \* Change your phone number. Screen calls.
  - \* Save and document all contacts, messages, injuries or other incidents involving the batterer.
  - \* Change locks, if the batterer has a key.
  - \* Avoid staying alone.
  - \* Plan how to get away if confronted by an abusive partner.
  - \* If you have to meet your partner, do it in a public place.
  - \* Vary your routine.
  - \* Notify school and work contacts.
  - \* If you have a protection order, always keep it on or near your person.
  - \* Call a shelter for battered persons.
- 

# IF I HAVE TO LEAVE, I SHOULD TAKE

- \* Identification for myself
- \* Children's birth certificates
- \* My birth certificate
- \* Social Security Cards
- \* School and vaccination records
- \* Money
- \* Checkbook, ATM card
- \* Credit cards
- \* Keys (house, car, office)
- \* Driver's license and registration
- \* Medications
- \* Eyeglasses
- \* Lease
- \* Non-perishable snacks for you and your children (e.g. juice and crackers)
- \* Baby's things (diapers, formula , medication)



**Prepare ahead of time just in case you have to leave in a rush.**



# TELEPHONE NUMBERS I NEED TO KNOW

National Domestic Violence Hotline: **1-800-799-SAFE (7233) (24-hour)**

Police/Sheriff's Department near home, school, and work:

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Local Domestic Violence Program:

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Restraining Order Office:

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Lawyer Referral Service/Legal Services Agency:

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Therapist/Counselor:

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Work number:

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Supervisor's home number:

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Minister/Priest/Rabbi/Faith Leader:

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Friend:

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Other:

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