

# 10 Ways to Succeed on Probation (and in life!)

One question you are probably asking is “**How do I get off of probation/supervised release and stay off?**” In addition to successfully completing your Court ordered conditions, research tells us that there are ten areas of your life that will have the greatest impact on your success, not only while on probation, but in life.

If you are currently having any problems or needs in these ten areas and you make positive changes in one or more of them, you will increase your chances of successfully completing probation. Your agent will work with you to guide you through the process of positive change! You must do the work, but your agent will assist you with options along the way.

## 1. You Can't Change Your Past

Your criminal history affects your finances, housing, and employment. Stopping the cycle of criminal behavior is the first and most important step.



## 2. A Mind is a Terrible Thing to Waste

Greater knowledge leads to greater success. Earning your high school diploma is a million dollar pay off. If you have a steady job, you're on the right track. Getting along with others at school or work can also lead to success in all areas of life. Your agent can provide you with resources for furthering your education and employment search.

## 3. Don't Add Fuel to the Fire

Does your use of alcohol and/or drugs result in negative consequences? If so, you may have difficulty making good choices and are at higher risk to commit crimes.

Failing to address an alcohol/drug issue greatly reduces your chances of successfully completing probation. Treatment, counseling, and support groups are some ways to get help. Your agent can provide information about your options.



## 4. It's Always Darkest Before the Dawn

Are you feeling stressed, anxious or irritable? Do your feelings change from very happy to very sad making it hard for you to cope? Do you have sleep problems or trouble concentrating? You are not alone. It is possible to feel better. Ask your agent about resources that can offer help.

## 5. You Are Who You Spend Time With

Studies have shown that the people with whom you spend time with affect how you act. If your friends do not abuse alcohol or drugs, you are less likely to abuse alcohol or drugs. If your friends make good choices and stay out of trouble, you are more likely to do the same. Take a good look at your friends. Is this who you want to be?

## 6. You Can't Choose Your Family



Have you heard this before? Whenever possible, creating healthy family ties with your parents and other relatives reduces your risk and increases your chances of success. How you choose to relate and communicate with your family members has an important impact on your life. Probation can connect you to resources that can help.



## 7. Too Busy to Get in Trouble

Participating in positive community activities such as AA/NA, church, or volunteering, builds stronger community ties and creates personal rewards. Helping others can lead to less criminal activity in the future.

Are you spending too much time watching TV, playing video games, using alcohol/drugs or gambling?



If so, try to replace one or more of those

activities with exercise, reading, positive hobbies or volunteering.



## 8. There's No Place Like Home

Do you have a comfortable and stable place to live? Do you have close ties to your neighbors and feel safe from harm? Living in a safe place improves your chances of success. If you don't have a safe, crime and drug-free place to live, you may be at risk.

## 9. Money Isn't Everything



Do you spend more than you make? Are you often asking others for money? If you believe that "Winning the Lottery" will fix everything, you are more likely to make risky decisions with your money. Paying your bills on time, having steady employment, and managing your finances contribute to a positive self-image and a positive lifestyle.

## 10. How We Think, is How We Act



Your attitudes and beliefs about life's rules have a great impact on your success.

### Believing that:

- Your actions don't effect others;
- police, judges and probation are here to get people in trouble;
- breaking rules or laws are a problem only if you are caught, **puts you at risk.**

### Believing that:

- Our actions do effect others;
- police, judges and probation are here to protect and help us;
- rules and laws protect us all; **lowers your risk.**

Changing your attitudes and beliefs will change your behaviors!



**Making improvements in any of these 10 areas WILL help you succeed!**

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**Promoting Positive Change for a Safer Community**