**10 Tons of Trouble Exercise**

Provide each group member with copies of the handouts “1 + 1 = 10 Tons of Trouble” and “Other Issues: What Else Impacts Safety and Sobriety.”

Using see-through plastic, draw and cut out a series of dinner plate sized plastic circles. Label each one with barriers and challenges individuals may face. Examples include substance abuse, sexual assault, domestic violence, poverty, homelessness, unemployment, mental health issues, oppression, intergenerational grief, historical trauma, etc. Leave a few circles blank for women to add their own challenges to.

Explain that these issues and challenges can seem like layers on an onion. As we look at one problem, many more are often revealed. Demonstrate how each problem compounds the other.

Have women identify which challenges they choose to ‘peel back’ or address first. Like peeling an onion, dealing with these challenges can cause tears.

Provide group members with additional circles. Ask the women to design circles of strength. Members can list the group itself, and add personal strengths, connections and supports that help them to survive and thrive.

Remind each woman that she possesses layers of strength, hope and connections to help her survive and thrive.