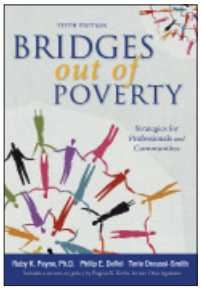


Bridges Out of Poverty: Individual Lens

A comprehensive approach to understanding, addressing, and alleviating poverty.

Introduction

1. What is this social cognitive theory?

2. Key points to remember

3. Four Bridges lenses

Definition of Poverty: The Extent to Which an Individual Does Without...

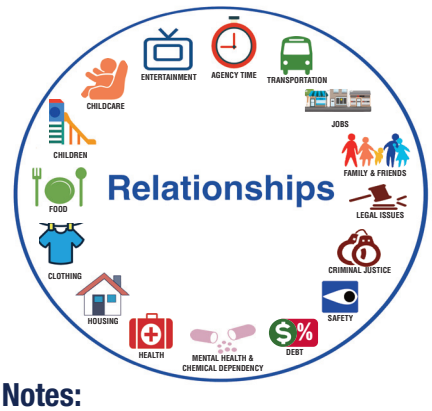
11 required resources

Financial • Emotional • Mental • Language • Social capital • Health • Spiritual • Integrity and trust • Motivation and persistence • Relationships/role models • Knowledge of hidden rules

The model that uses a hand to represent resources is a helpful way to recall these.

Notes:

Mental Models of Economic Environments



Notes:

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Causes of Poverty

- Individual choices
- Community conditions
- Exploitation
- Political and economic structures

Hidden Rules

Driving forces
-
-
-

Time
-
-
-

Money
-
-
-

Destiny
-
-
-

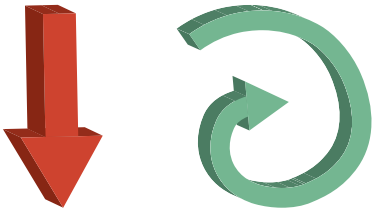
Others?
-
-
-

Key Points

Knowing and respecting the hidden rules of all economic classes helps develop and maintain healthy relationships of mutual respect.

Negotiating Environments—Language and Story Structure

Formal **Casual**



Tools: Mediation, bracketing, adult voice, planning backward

Notes:

Family, Support Systems, and Social Capital

1. Families and support systems are the ways by which individuals are nurtured, protected, and developed.
2. Factors that increase stability: _____
3. Factors that decrease stability: _____
4. Who is in my social capital circles?

   Bonding: _____

   Bridging: _____

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Building Relationships, Bonding and Bridging Social Capital, and 'Disposable Ties'

Mental models	Visioning: future story	"Relationship bank" deposits vs. withdrawals	Helping another person
Planning backward	Open-ended (what or how) questions	"If you choose...then you have chosen..."	Replacement behaviors
Mediation	Bracketing	Mutually respectful—"same size circles"	Metaphor stories
Reframing	Personal goal setting	Positive self-talk and affirmations	Adult voice vs. parent voice

1. Bridging capital is made up of people you know who are different from you (they help you get ahead).
2. Bonding capital is made up of people you know who are like you (they help you get by).

   _____

3. Relationships are key to change and learning. Which tools will I try? What kinds of disposable ties do I have? _____

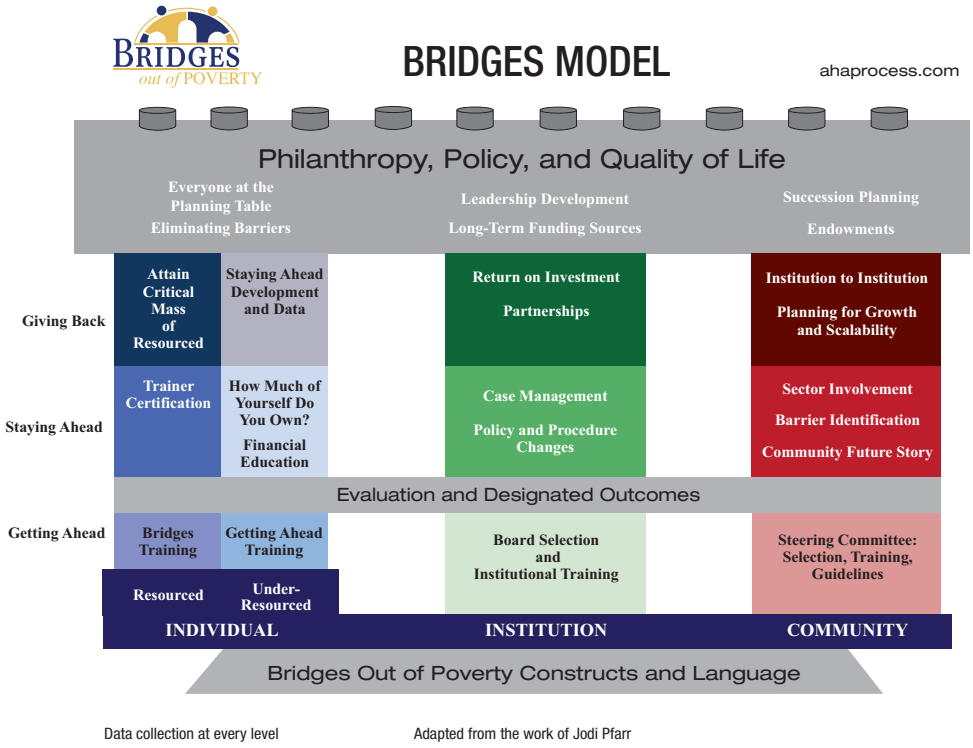
Bridges Constructs, Getting Ahead Theory of Change, Bridges Model

1. Of the ten core constructs, which two am I taking back to my organization for follow-up? _____

   _____

2. The theory of change model allows individuals struggling with poverty to identify their own plans for their lives. This approach respects individuals and recognizes the power they have to build their future stories.
3. Bridges model—where are we at as an organization? What are our next steps? _____

   _____



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