

# Session 5

## IN THE SESSION ...

Invite the person to write a list of the skills they think they possess.

- Don't limit this to skills that are obviously related to mental wellbeing. The more creative and diverse they can be, the more you will have to work with.
- If the person struggles, think with them about where/when they experience a sense of being comfortable and at ease or wanted and valued – what skills do they draw on in those situations?
- Once they have a list of skills you can then begin to think together about where these skills might be useful.

## IN THE SESSION ...

Talk together about what the person thinks it is important to do/be in order to be the person they want to be? ... *Kind, generous, thoughtful, strong, decisive, quiet, calm, passionate, protective ...?*

What do they do (remembering that none of us are 100% anything) that reflects those values? ...  
*Remembers people's birthdays, stands up for other people, keeps the peace, makes decisions and acts on them ...*

## IN THE SESSION ...

Once you have the list go back through and think about the skills that they are inclined to dismiss and use the prompts below to help think through why that might be.

### IN THE SESSION ...

Offer one or two words with some evidence to back it up and then let the person think about this and decide whether it fits well enough with them.

### IN THE SESSION ...

Ask if it would be helpful to share some skills that other people have named. Then you can use the lists that you've already generated. It might help to make these intriguing to look at. Think about how you lay them out so they're not just boring lists of words.

### IN THE SESSION ...

Although it sounds counterintuitive, if you both get really stuck, you can make a list of skills that the person absolutely doesn't have.

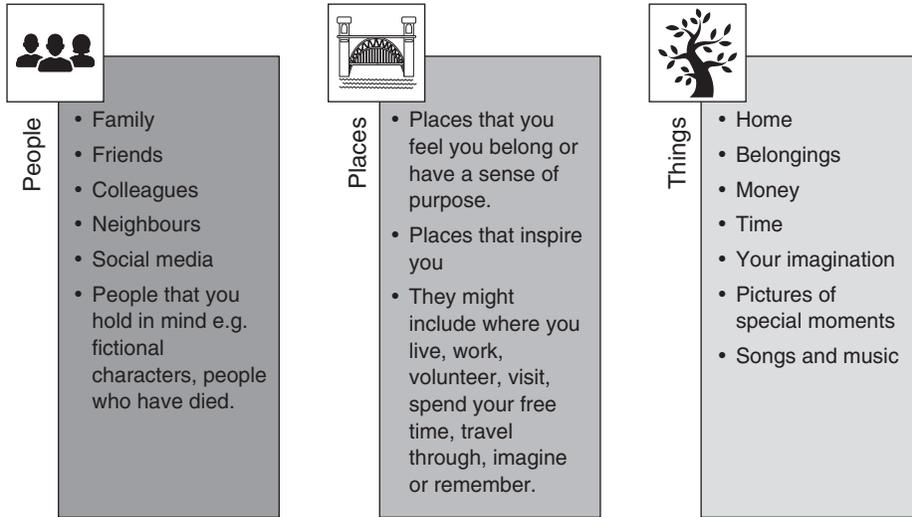
### IN THE SESSION ...

Invite the person to transfer these ideas to their recovery ladder.

### IN THE SESSION ...

Explain that you are going to think together about resources that are available to support their recovery.

- Make sure that the wide range of what this might mean is clear to you both.
- Once you've thought about those categories, possibly using Figure 5.2, encourage them to draw out the headings and then think about what is available to them under each.



**Figure 5.2** Different types of resource

### IN THE SESSION ...

By now you should have a really clear shared idea of what the person is trying to achieve and what things have stopped them making that change.

Go back to those goals.

- What small next step could the person take that they have either put off or not dared to think they could try?
- What might the benefits of taking that step be?
- Even if the step doesn't go to plan, what else might come from it e.g. the opportunity to prove you can have a go, the chance for someone else to help, the chance to learn a bit more about what a realistic next step might be.
- Identify one step that the person wants to try this week. Small steps are just as important as large ones so the idea does not have to be huge.

### IN THE SESSION ...

Invite the person to add to their ladder with the things that they have learnt about their personal skills and the resources available to them.

Then ask them to identify one step that they want to try this week using Worksheet 5.1 Trying Something New.

And then plan how they will celebrate their success in trying it (regardless of how well it goes). It's easy to lose this step and not 'notice'. But if it was a step worth taking then it's a step worth celebrating.