

Session 6

IN THE SESSION ...

To introduce this session, it may be helpful to think together about the following:

- As human beings, relationships form part of our daily lives.
- Many people experience good mental health when they have positive relationships with people that are important to them.
- Just as you need to water a plant and give it all the right elements for it to grow, relationships require care and attention in order to be maintained.
- In this session we are going to look at the relationships that are important to you in your recovery and how you can work at influencing, developing/maintaining these relationships.

IN THE SESSION ...

As this is such an important point to discuss at the start of the session, we have included the above diagram as Worksheet 6.1 which you may like to use to start the conversation.

IN THE SESSION ...

Taking the metaphor of barriers as being bricks in a wall between the person and others, use Worksheet 6.2 and ask the person if they can think of any barriers that 'get in the way' or stop them from having relationships with people that are important to them.

- Remember this may not just be related to their mental health or even to them. *All* barriers are important to consider.

IN THE SESSION ...

Circles of Relationships. Using Worksheet 6.3 talk with the person about:

- all of the relationships that are important in their life and that will be important in their recovery;
- people closer to the centre would be very important. As you get further towards the edge people may still be important but play a less significant role;
- outside of the circle they can put people who they do not want to be involved in their recovery.

IN THE SESSION ...

To introduce the final activity of the session, ask the person to choose one of the relationships that they felt would be important in their recovery. Then explain that you would like to help them to consider how they would like to develop or maintain this important relationship.

Worksheet 6.4 can be used to help with this conversation.

IN THE SESSION ...

To end the session, encourage the person to summarise the three areas you have explored and to capture this within the recovery ladder:

1. Relationships that are important in their recovery.
2. Barriers/things that can get in the way of these relationships.
3. What they can do to nurture and maintain these relationships.