

Considering and Building on Care-Teams

If you were to imagine you have a team in your life, relationships that support you, who do you think would be on that team? It could be someone alive or who has passed away, a toy, a pet or even a favourite character in a movie, television programme or book. (I will use the word 'person' below even though the team member you are thinking about is not with a person.)

- 1) Could you pick one team member, someone who seems to 'get' what you're going through when times are tough, or who helps you feel reassured, or settled or safe?
- 2) Discuss the following questions with the person next to you. Please talk with me if you want more clarity with the questions:
 - a) What does this person say or not say, do or not do, what tone of voice do they use and how do they listen that means you feel supported by them? Is there a particular event that gets these things across?
 - b) What do you do or say to connect with this person? How does this help your relationship?
- 3) Now please consider the following questions with the person next to you:
 - a) What do your above answers say about the kind of support or conversations that you hope for or appreciate?
 - b) What do your above answers say about the kinds of skills you might hold in building relationships or friendships?
- 4) Choose one of the following options if it is congruent with the kind of relationship you have been speaking about. If it is not congruent then please consider questions under point 6 below:
 - a) Write a letter from the person to you. Include in your letter themes such as:
 - i) what the person appreciates about you,
 - ii) what the person has appreciated about your relationship, and
 - iii) what hopes you imagine the person has for your life?
 - b) Write a letter to the person you have been thinking about. Include in your letter themes such as:
 - i) what this person offers you,
 - ii) how they do that, and
 - iii) an event that symbolises this.
- 5) Read the letters out to each other if comfortable.
- 6) Please consider the following questions:
 - a) Do you wish to keep this knowledge of the kind of support you hope for or appreciate with you? Will you let others know about it?
 - b) Do you wish to keep this knowledge of the skills you hold in building relationships or friendships with you?