



SESSION FIVE:

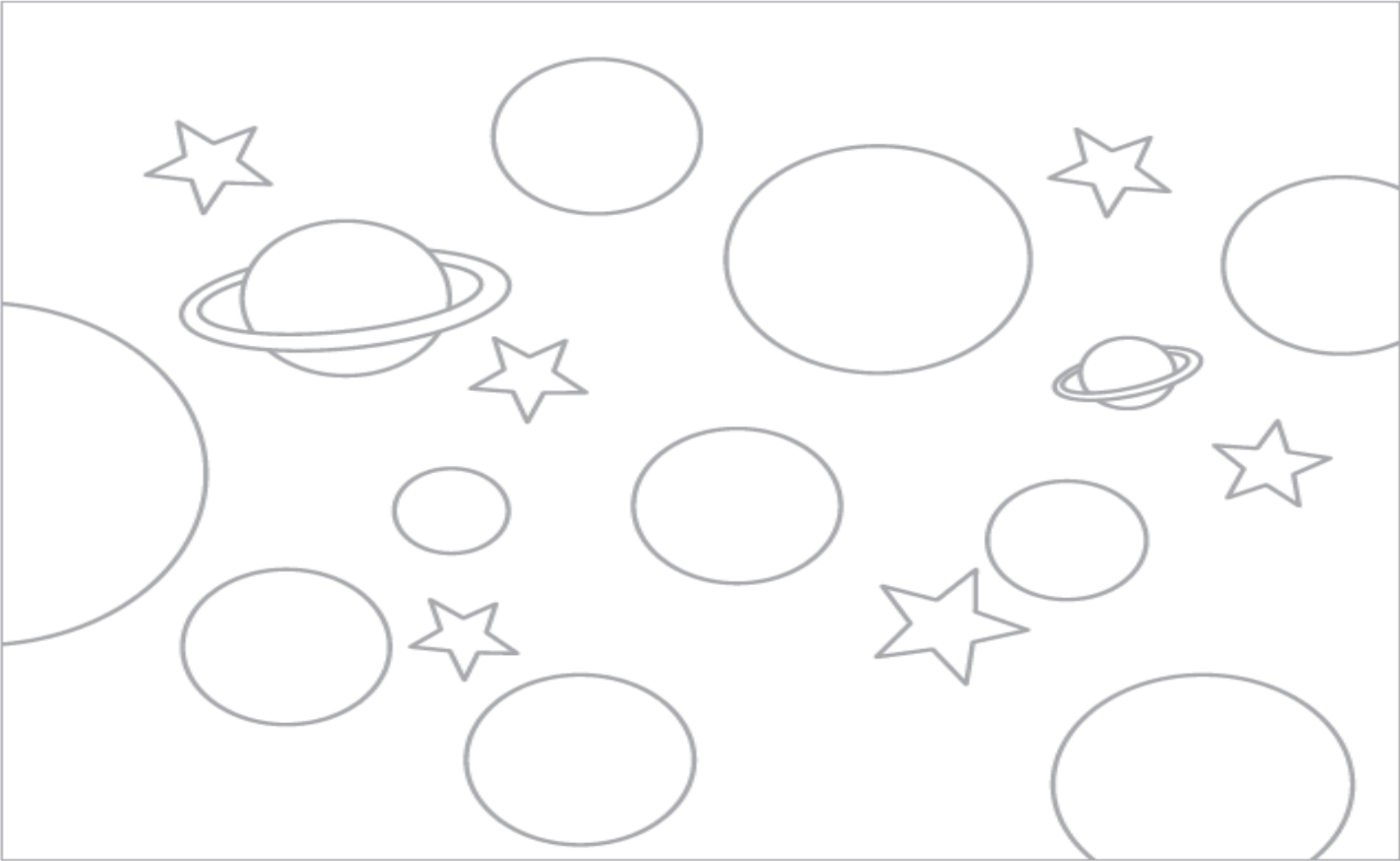
CONNECTING WITH OTHERS

Being with people who have similar experiences to you, who understand what you are going through and who don't need you to explain how you are feeling, can be a real support. In this session we will think about the social connections that you have or would like to have and what you value or need from these support networks. These networks can be family and friends, groups you have joined and health and social care professionals.

Activity: My social system

Imagine you are a sun at the centre of your solar system and the planets around you represent the qualities that you value in your support networks. Write these qualities in the planets or use images to represent them. You might even want to include some specific people as stars in your solar system.

MY SOCIAL SYSTEM



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