

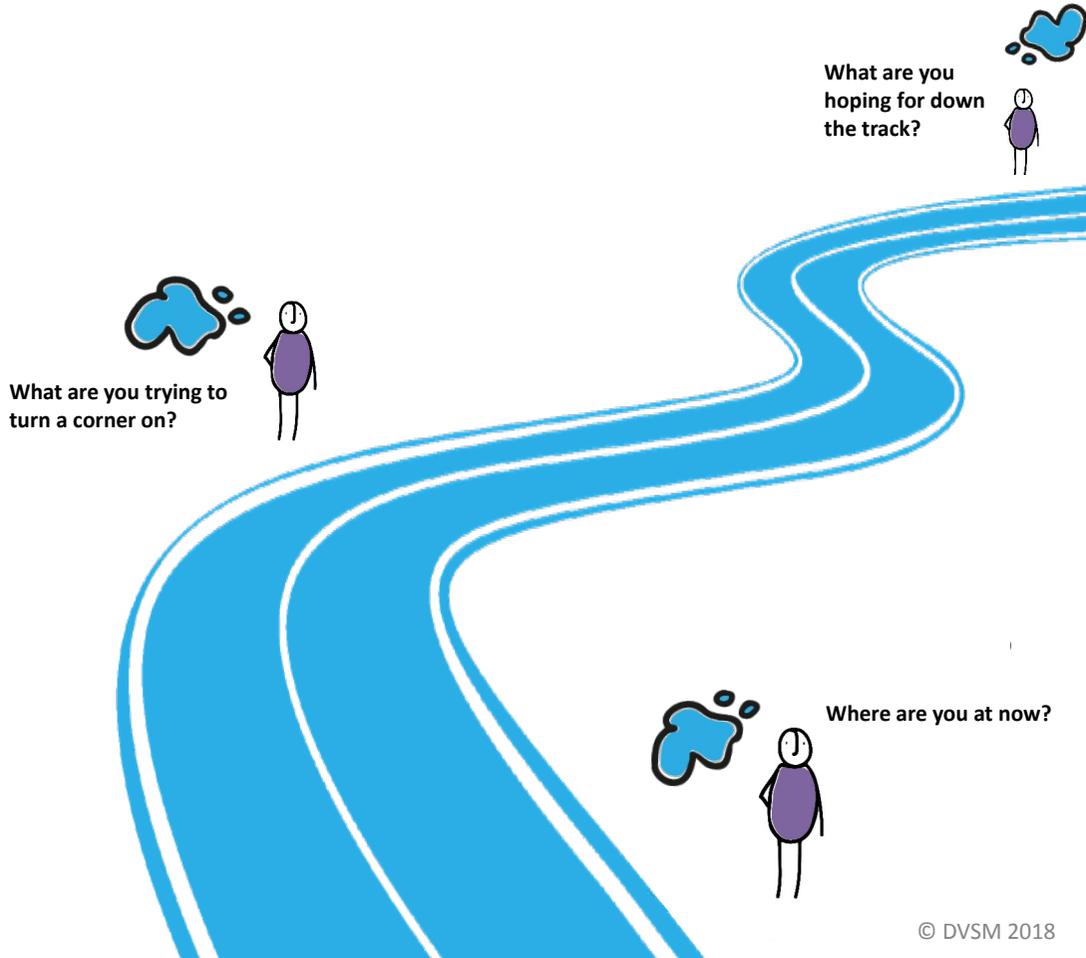
Let's explore the direction you are taking and hopes and decisions you might be thinking about.

When it's useful, lets talk about the benefits, risks and possible strategies within the decisions ahead.

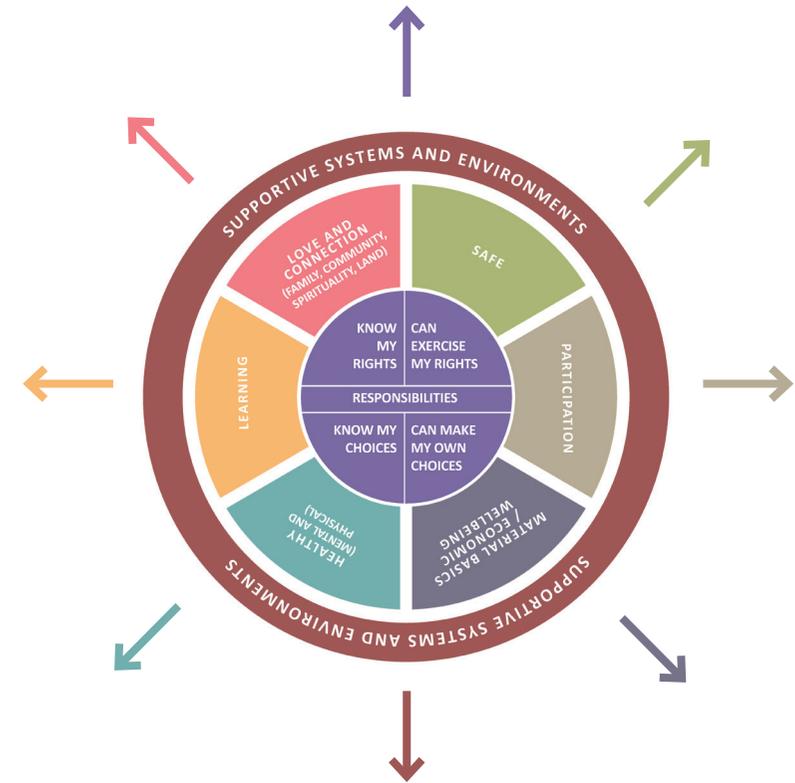
1. I have an idea about what I want to do next.	
2. If I do this, what will be the benefits for me?	2. What harm or threat would that be to my safety?
3. In what ways could I reduce the risk of harm without losing the benefits?	4. Or balance. Do I need to decide now? What are my next steps? Who could help me with these?

We can use the decision making support card together if there are big or small decisions along the way that you might like support with – sometimes this is useful for:

- thinking through your hopes and worries with someone else listening;
- pausing to write your thoughts down so you can see a full picture when decisions are complex;
- collecting more ideas and strategies to safely make the steps you are hoping to make.



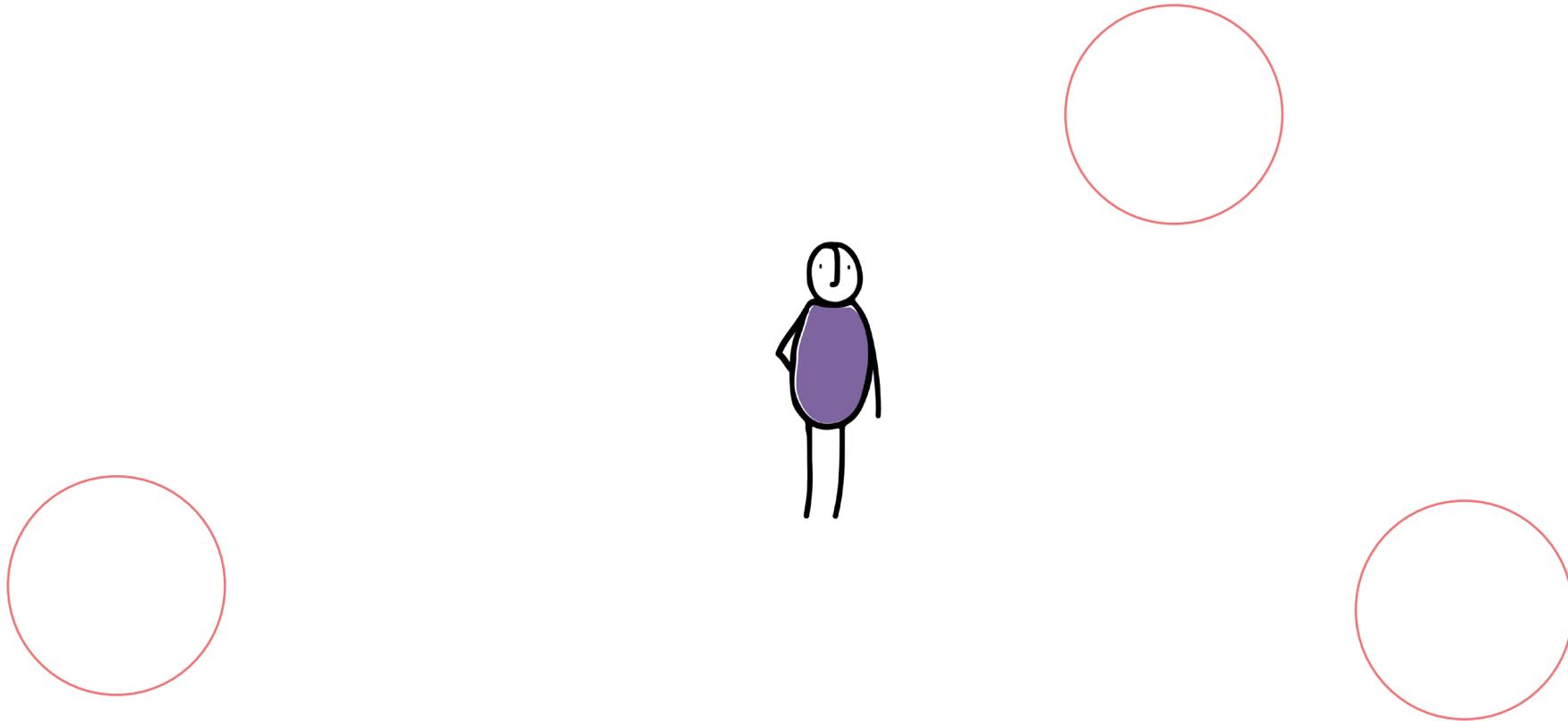
Let's talk so we can understand how you would like us to support your wellbeing.



Name:

Date:

Conversation Tool: Original belongs to the person seeking support. Copy retained by service to support further conversations.



Things to think about when exploring your connections:

- Who makes you feel safe, laugh or perhaps you like to have a cuppa with?
- Who is important to you?
- Who are you connected to that impacts on your life and wellbeing?
- Do you have formal connections like perhaps faith or cultural based groups or other organisations?
- Are there connections here that you would like to see change?
- Is there anyone missing from this picture that you would want on here?

Understanding your connections:

	Thickness of line: the thicker the line the stronger the connection
	Broken line: tenuous or inconsistent connection (may often change from very close bond to distant)
	Arrows: shows direction of energy
	Lines with crosses through them: stressful relationship
	Zig Zag: violence