

All staff who support you at this Project have been trained to help you using what we call 'The Framework'. It would be helpful if you not only understood this, but tried to use it yourself. We will be encouraging you to do this throughout the year.

This is how it works:

- How can we improve our thinking so that we can understand ourselves better and make more useful decisions? This will help us to figure out why we think and do certain things.
- All of us are honest, caring, funny, and content at times, but lie, are uncaring, and act unfairly at others. How can we stop rolling from one side to the other, and so feel more balanced?
- Which other ideas could we use to help us? Many people have had thoughts about how to deal with difficulties; which ones could be useful to us?
- Will we be able to put into practice what we learn? It is harder than it may seem!
- How can our family, friends, and others help us through these changes?

It might be helpful to try and summarise this:

- How can we understand why we think the way we do?
- How can we learn from all our feelings?
- Who's ideas could help us?
- How can we use what we learn?
- How can we encourage others to help us change?

When things are going well, you'll probably find that you are doing most of the above. When things are more difficult, it might be useful to remind ourselves of how and why we are trying to change.

Good luck!