Discussion 6: Thinking about the Future

“The purpose of this discussion is to encourage you to start thinking about how you want to see yourself in the future.”

YOU SAY...

<table>
<thead>
<tr>
<th>Questions</th>
<th>Answers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How did you feel about the last discussion?</td>
<td></td>
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<tr>
<td>2. Have you had any reflections or insights since the last discussion about relationships?</td>
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<td>3. Did you take any action as a result of our last discussion?</td>
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<tr>
<td>4. If so, how did it go? Did you learn anything from it about yourself or about how you should act in the future?</td>
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*Relationships Toolkit. Discussion 6 of 7: Thinking about the Future*
Now look back at how you described yourself in the first discussion. Check if your description reflects the things you value and the things you want to change.

If not, think about and note down how you would like to see yourself and how you would like other people to see you.

Express yourself in any way you feel comfortable – words, a poem, pictures or a diagram.

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<th>Support Worker’s Comments</th>
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*Relationships Toolkit. Discussion 6 of 7: Thinking about the Future*
## Reflections and Review

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>1. Are there key points, new insights or ideas that have stuck in your mind from this discussion?</td>
<td>Key points / insights / ideas:</td>
</tr>
<tr>
<td>2. Is there any action you intend to take as a result?</td>
<td>Actions:</td>
</tr>
</tbody>
</table>

**Support Worker Name: _______________________________**

**Service User Name: _______________________________**