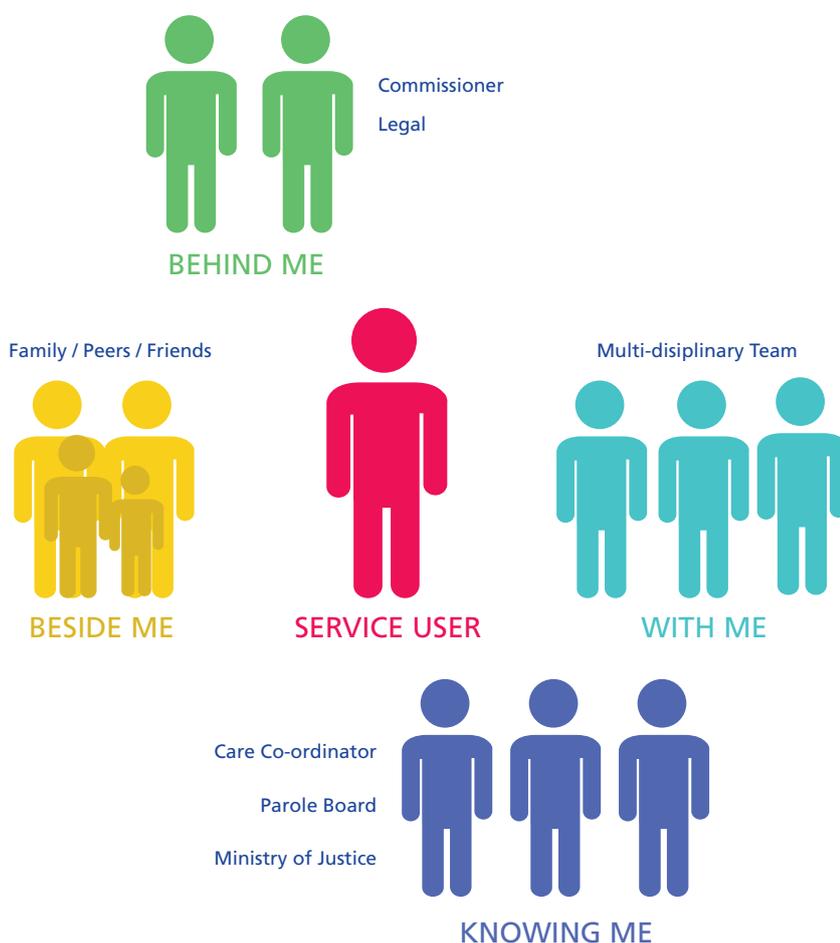




My Relationships

Introduction

The relationships we have with other people are very important to our well-being and our recovery from mental health difficulties. We have relationships with many different people in many different areas of our life. We have relationships with our family, our friends, our neighbours, people who help support and care for us, all the professional people we come into contact with and, while in hospital, the other people we live with on the ward. We will probably have relationships with some professionals we might not have had relationships with before. The following picture shows some of the relationships that are important to us during our stay in secure services:



All of our relationships have an effect on our lives, on how we feel and on how we behave. Those around us can have a very strong influence on us and our recovery from mental health difficulties. We will need to build relationships with people who understand where we're coming from, how we are now and how we want to change. There may already be people in our lives that support us and we will need to make sure we maintain these. There may also be relationships that have a negative effect on us, and we may require help deciding what to do about these.

We may have difficulties relating to some people. How we interact with people may lead to conflict and cause problems for our safety or the safety of others. This can lead to harmful risk behaviour and stops us from living a healthy, positive life. With the help of others, we can look at these problems and learning how to improve how we relate to other people is an important part of our recovery. It is also important to know how our mental health difficulties affect our relationships and the ways we relate to other people.

During our stay in secure services, we will come into contact with many of the people shown in the picture and some of these will remain in our lives when we move back into the community. We need to be able to have good relationships with them and be able to communicate with them in a helpful way, for example when discussing our diagnosis, treatment or future placements.

What's it all about?

In this part of My Shared Pathway, we'll look at all your relationships, the ways you relate to other people and how to make sure your relationships are helpful to you in your recovery from mental health difficulties. We will look at how healthy, positive relationships can help reduce your harmful risks, while supporting you to take positive risks to live the lifestyle you want to lead.

How to use this Pathway Resource Book

You may find it useful to answer all the questions in this Book, or it may be that you just want to answer some of them. Whichever way you choose to use them, we hope that you'll be able to use the questions that are important to you as the basis for a discussion with your clinical team.

This Pathway Resource Book – My Relationships will help you and your clinical team gather all the information needed to help answer the questions relating to your relationships in My Outcomes, Plans and Progress.

Where am I now?

We will now look at the relationships you have and how these affect your life. We will think about whether these relationships are helpful and supportive and have a positive effect on you. Some of our relationships are not helpful to us and we will think about whether this is the case for you. We will also look at the ways in which you relate to all the people in your life. As we look at all your relationships and how you relate to other people, we will also think about how this relates to your safety and risk to others.

My relationships

Who are the people in my life I have a relationship with?

Think about all the relationships in your life at the moment. These include family, friends, those around you now and those who care for you in hospital.

Which of these relationships are positive and supportive for me?

Who else do I feel close to?

Who do I feel I can trust the most?

Who do I really like and why?

Who has helped me the most in my life recently?

Who do I look up to the most?

What makes these relationships positive ones?

Which of my relationships have a negative or destructive influence on me and why?

Who do I really dislike and why?

Which of my relationships do I most want to change?

Making & keeping my relationships

How easy do I find it to get on with other people and make friends?

How well do I make close relationships?

Do I feel confident when I talk to other people?

How do my disabilities or communication needs affect my relationships?

Does the way I feel about myself affect the way I get on with other people?

Do I worry about whether people will like me?

How easy do I find it to get on with the people who care for me and support me?

How well do I keep in contact with the people who are important to me?
What things make it difficult to keep in contact with people?
What would I like to change about my relationships?

My difficult relationships

What is it about some people that makes it difficult to get on with them?

How do other people make me angry or upset?

What is it about other people that really annoys me and how do I react?

Why do I react to them that way?

What effect does my reaction have on me and on other people?

What is it about my behaviour that makes other people angry or upset?

How do I annoy other people?

How do others react to me when I treat them badly?

Do I wish the way I relate to other people was different?

Whose responsibility is it to change when things aren't going well with other people?

Where do I want to get to?

We will now look at how you would like your relationships to be different. We will also look at how you would like the way you interact with other people to be different and what difference these changes would make to your life. These changes are important because they affect your safety and your risk to others and reducing your risks is essential for you to be able to move out of secure care. You will also need to be able to make and maintain supportive relationships to help you as you move through secure services and out of secure care. Your relationships with others, including professionals, will be important in supporting you when you move out of hospital into the community.

Which of my relationships would I like to change?

How would I like these relationships to be different?

What difference would changing these relationships make to my life?

How would changing these relationships help to maintain my safety and reduce my risk to others?

Would I like to be able to interact with other people in a better way and how would my behaviour have to change?

How would changing my behaviour help to maintain my safety and reduce my risk to others?

What are my goals for my relationships for the next few weeks, for the next few months and for the next few years?

How do I get there?

We now have a good understanding of your relationships, the way you interact with other people and the ways you would like to change. Making changes to our relationships and the way we interact to other people is not easy. It may take a long time and involve other people helping us to change our behaviour. We may need to learn more about ourselves, learn new skills and take part in different sorts of therapy.

Some of your goals and how to achieve them will be identified in My Outcomes, Plans and Progress and in your Care Plans and will be discussed at your ward rounds and six-monthly CPA meetings. Some of your goals will require help from other people and it's important to have people to help support you as you make these important changes to your life.

What are all the changes I would like to make to my relationships?

Who can help me to make these changes to my relationships?

Do I need help to communicate with my family and friends?

What are the ways I can maintain my supportive relationships?

What are the changes I would like to make to the way I interact with other people and who can help me?

What would make it easier to get on with the people I find difficult?

Do I feel able to ask for help if these changes seem too difficult?

How can I tell how I'm doing?

As you make these changes to your relationships and the way you interact with other people, it's good to be able to tell how you're doing. This will help you to know whether there are still changes you need to make to your behaviour before you can move on. In particular, you will need to know and be able to show that any problems with the way you interact with people have improved and any risk to your safety or to others has reduced. You will need to be able to show that you are able to make and maintain supportive relationships and be able to keep these going once you leave secure care.

Maintaining relationships

What are the ways I keep in contact with my family and friends?

Are there any people that I've lost touch with that I'd like to be in contact with again?

Do I have the relationships I need to support me during my stay in hospital?

How well am I building relationships with people who will support me when I leave secure care?

My interaction with others

How well do I interact with people I once found it difficult to get on with?

What do other people think about the way I interact with those people?

Are there still any problems with the way I interact with other people?

Am I achieving the goals I have set for my relationships?

Additional Pages

