

Opportunities

Meaningful activity can create a path for healing, building confidence and identity. Having a purpose can be a powerful antidote to personal and/or social invalidation.



Opportunities can be explored, to try, or test out a chosen activity. If you can't identify anything now, try and reflect on things you may have enjoyed in the past.

Personal change can be slow, delicate and difficult.

A formidable range of obstacles, or social struggles can be navigated.

It is healthy to acknowledge to yourself that it can be challenging.

Remember to be kind to yourself, and if it doesn't work first time around, try again when the time feels right for you.

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FINDING
YOUR
OWN
WAY
FORWARD

How do you find your own way forward to change?

it's never easy, but always possible. People have said this range of validating conditions can be helpful:



Accepted as an individual

Being accepted and treated as a distinct individual, for all of who you are, and never asked 'what is wrong with you'.

Do you feel listened to and respected?

Equality based trusting relationships and safety

Having access to a respectful trusting relationship that is dependable can be valuable. Do you feel you can build trust with the person?



Validated and asset based

You can feel a sense of belief and optimism, if your strengths and potential are validated. Are you being asked about 'what you want to, or can do'.

Autonomy and choice

It is important for you to feel in control of what is happening and are never told what to do.

Ease and speed of access

You can research support services- local directories exist. If you can, get feedback from word of mouth from others.

Access to resources

Many goals need practical help to be achievable e.g. assistance with education costs. Try and identify someone or an organisation who can help you with this.

Safe environment

It is crucial for you to feel safe. You will know if a project is welcoming, friendly and works for you. Trust your feelings.