The impact on me…

Everyone is different and will respond differently to difficult experiences. When these affect us, it usually happens in 3 areas: our bodies, our thoughts and feelings, and our behaviours and relationships.

My Body

(e.g. eating, sleeping, illness, injury, growth & development).

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| --- | --- |
| Actual impact  (evidence) | Anticipated impact  (professional knowledge & judgement) |
|  |  |

My thoughts & feelings

(e.g. thoughts, feelings, learning, cognitive ability).

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| --- | --- |
| Actual impact  (evidence) | Anticipated impact  (professional knowledge & judgement) |
|  |  |

My behaviours and relationships

(e.g. behaviours, interactions, relationships, family dynamics).

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| --- | --- |
| Actual impact  (evidence) | Anticipated impact  (professional knowledge & judgement) |
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| A day in my life…  (thinking about the above, what is a day in your life like?) |
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