

REFLECTIVE EXERCISE

FIND YOUR SILVER LINING

NEGATIVE EXPERIENCE

Think back to a problem or an incident with a young person you experienced in the past, where the outcome didn't turn out as well as you hoped.

Outline it here.

ANALYSE THE ROOT CAUSE OF THE PROBLEM - THE 5 WHY'S

The 5 why's technique involves breaking a problem down to it's basic components until you can't find a reason to ask for further explanation or analysis.

Start with what you've written above and consider why you believe it happened.

WHY?

Look at what you've written and dig deeper ... what might have influenced how the problem played out?

You might want to think more about the people involved and their backgrounds / experiences / challenges / mental health / physical health.

You might want to think about outside factors beyond your control or consider the happenings leading up to the event.

Was the setting an influencing factor? Do other people's opinions come into play?

Keep asking WHY until you have no more questions. (Five Whys' is not a set amount, it's a suggested prompt to keep you unpicking until you see the whole picture.)



WHY?

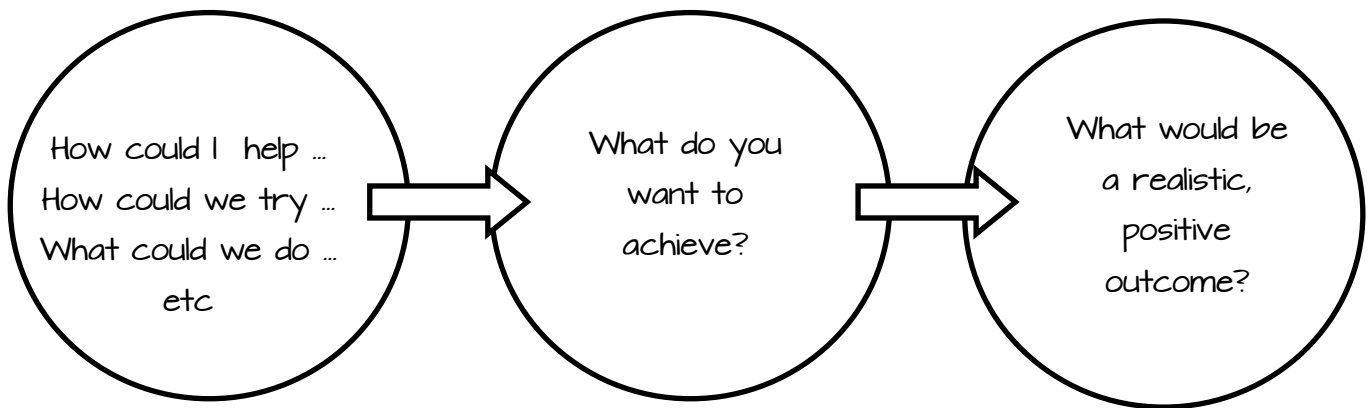
WHY?

WHY?

WHY?

REFRAME YOUR PROBLEM AS A CHALLENGE

With all of the information to hand, reframe the problem as a challenge.



E.g. Turn ... 'I keep finding mouldy toast stashed under David's bed' to
'How could I help David understand that he doesn't need to hoard food and feel more secure?'

REMEMBER YOUR PRIOR SUCCESS

Look at the challenge above and match your skillset to it's solution. Can you draw on a similar situation before that turned out differently?

WHAT DID YOU LEARN?

What did you learn from the challenge the first time round that you've brought into your practise moving forward? What insights have you found through this exercise?

USE WHAT YOU KNOW TO LIFT YOU FORWARD

Look at the challenge again with all you have discovered.

How would you use what you now know to better affect the outcome?

IF YOU WERE ASKED FOR YOUR 'TAKE AWAY' PIECE OF LEARNING FROM THIS CHALLENGE, WHAT WOULD IT BE?

MY SILVER LINING
