

What is the problem or problem BEHAVIOUR?

What can I do to help them to feel less anxious, more secure, more in control?

Do they feel: LOVED, GOOD ENOUGH, TRUSTED, SUPPORTED, ALLOWED TO BE THEMSELVES?

Am I being PRESENT, am I LOOKING FOR THEIR GOOD, am I guiding them with the right FEELING?

What can I do to give them more independence, control over the situation?

What resources (skills, knowledge, capability) do they have or need to learn to help them THRIVE instead?

Next steps?

What do I need to do? Who do I need to be?