



Schools, Teachers & Students

Understanding Relationship Themes Worksheet

This worksheet provides a structured method to reflect on a young person's behaviour and its underlying communication. It also aims to promote understanding of your own response during the interaction and what this information may reveal about young person's other relationships and your own future interactions with them.

Describe a recent incident or behaviour:

What do you think the young person wanted? (i.e. what was their 'wish'?)

How did the young person expect people to respond to them? (i.e. what was their 'response of other'?)

What is their usual response? (i.e. their 'response of self' to this wish-response-other sequence)



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What are some of the feelings and thoughts that come up for you in reflecting on this situation?

What might this behaviour and your response tell you about the young person's relationships with other people, for example, their family or peers?

What will I remember if something similar happens in the future? What have I learnt that I can apply to future situations?