

## Appendix 7

### Using Signs of Safety to support reflection

#### Overview:

What is the aim of the discussion?  
What do you want to achieve out of this session?  
How would you like things to be?  
Why is this the goal? Why is this an issue?  
What are the expectation of others? What are the goals of others?  
What do you want to achieve long term?  
What is a short term goal, a milestone on the way?  
When do we need to achieve it by? How will you measure it?  
How are you feeling about the current situation?

#### Going well:

What has worked well in the situation? What help have you or others provided?  
What have you done so far?  
What do you feel you've achieved?  
What have the family / child achieved with your support?  
What results did that produce? What changes did that create?  
What is available that you aren't using?  
What are your own strengths in this situation? How can you use them?  
How do you rate your current skill, understanding and motivation needed to achieve the goal?

#### Worries:

What is happening at the moment that worries you? Behaviour, severity, incidence, impact?  
Who is involved, directly or indirectly?  
What and how great is your worry about what's happening?  
What has stopped you or others from doing more?  
When things are going badly what effect does this have on you?  
What effect is this situation having on others?  
What has been tried that didn't work before?  
What's missing which could help this situation?  
What's getting in the way?  
What do you think is really going on?

#### Needs to happen:

What changes do you need to see?  
Who is responsible for making this change? What help do they need?  
What are all the different ways in which you could approach this issue?  
What options do you have?  
What are the advantages and disadvantages of these?  
What might give you/ the family the best result?  
What options feel most appropriate?  
If time / money / resources were not an issue what would you do about this issue?  
Can we achieve this any other way?  
What else could you do? What could you do as a next step?  
What happens if you do nothing?  
What are you doing to do next? By when?  
What do you expect to get in the way?  
How will you overcome this?  
What support will you need?  
Rate on a scale of 0-10 your willingness / confidence / capacity to achieve this?