

# Helpful vs Unhelpful responses

Sometimes difficult feelings can be too hard to manage by ourselves, which is why its important that we remember to seek support from those we trust.

Firstly think *'Who is in my team of support?'*

Then, use this worksheet to help them understand what they can do to help.

What I want you to do or say;

What I need you to avoid doing;





**What I want you to do or say;**

A large, empty, rounded rectangular box with a light purple background and a dark purple border, intended for writing notes.

**What I need you to avoid doing;**



A large, empty, rounded rectangular box with a light purple background and a dark purple border, intended for writing notes.



**Remind me that I can do these things to help myself ;**

A wide, light grey rectangular area at the bottom of the page, intended for writing reminders. It features a dark purple L-shaped corner in the bottom-left and a blue L-shaped corner in the bottom-right.