



What's been happening ?

How are you feeling ?

How have you been coping ?

What are your hopes ? / What would you like to happen ?

On a scale of 0-10 where are you at the moment in terms of achieving your hopes ?

What would happen to move you just one point up the scale ?

What difference would that make ?

Next time

What's better ?

What have you been pleased about ?

How have you achieved that ?

NB if anyone says anything which puts them or anyone else at risk tell a responsible adult / service