



Activity sheet

Helpful or unhelpful?

<u>Action</u>	<u>Tick if you think this might help</u>	<u>Tick if you think it might not help</u>
She shuts herself in her room and refuses to talk to either her mum or Carl.		
Sophie keeps in touch with her old friends via social media.		
She talks to her friends about how she felt when her mum's boyfriend moved in.		
Sophie argues continually with her mother and blames her for everything that doesn't go smoothly.		
Sophie tells her mother that she is pleased that she is happy with Carl and talks with her about the exciting new opportunities moving will bring.		
She pretends to be okay about the move and keeps her anxieties to herself.		
She talks about the situation and her anxieties with her dad.		