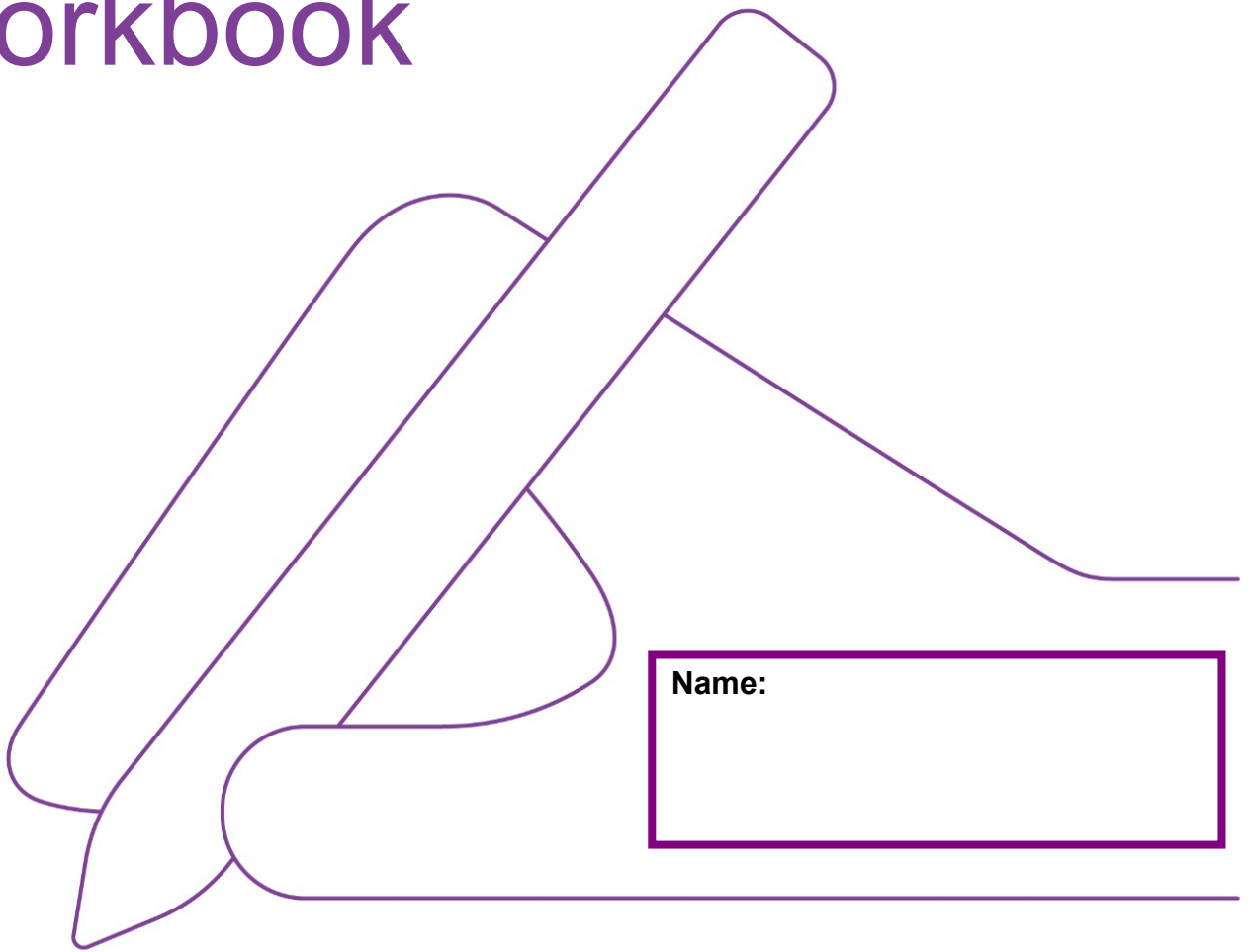


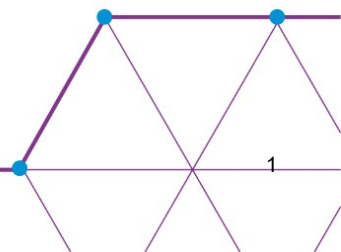


HM Prison &
Probation Service

The Thinking Skills Programme (TSP) – Positive Relationships Workbook



May 2019





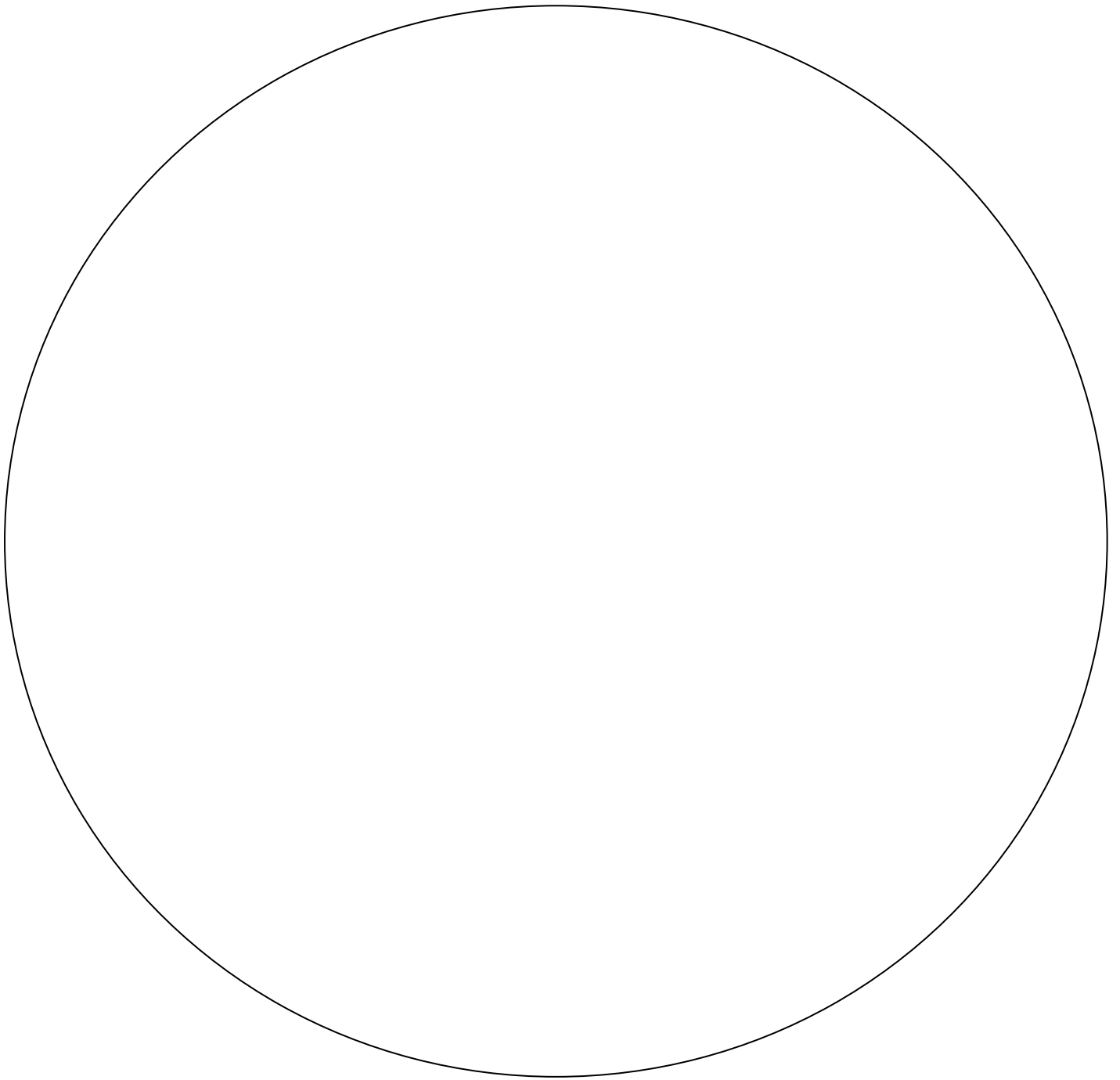
Contents

Session 1	4
Who is in my Current Social Circle?	5
Relationship Styles	6
Relationship Styles	7
My Future Social Circle	11
Mini Goals towards my Future Social Circle: Between Session Task	12
Session 2	15
Blank Pages	16
Session 3	18
Costs and Benefits of Making a Change in my Relationships	19
Assertive Communication	20
Social Situations	21
Assertive Communication: Between Session Task	22
Session 4	25
Negotiation	26
Negotiation: Between Session Task	27
Session 5	31
Blank Pages	32
Getting Ready for My Individual Session	34

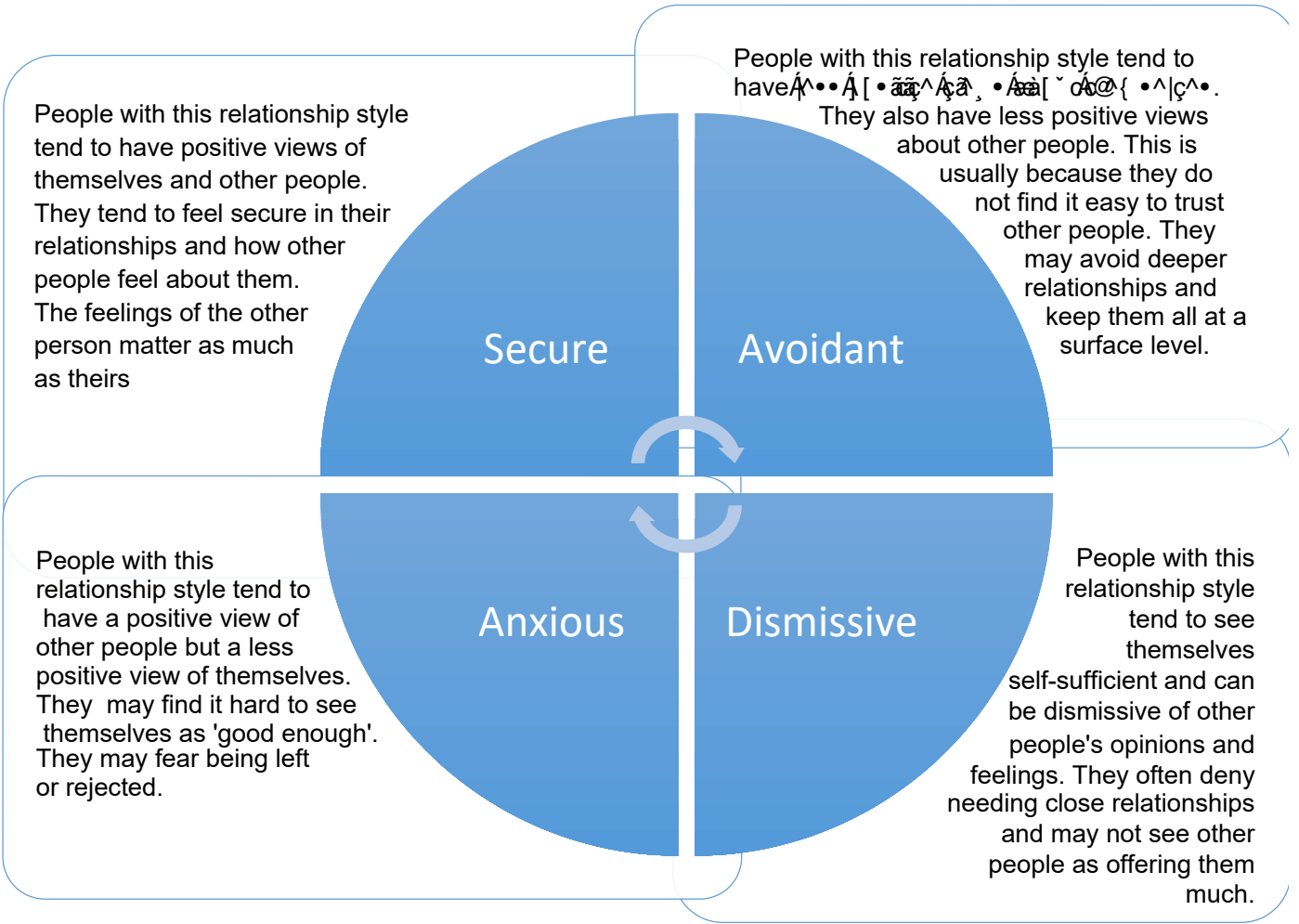
Session 1

Who is in my Current Social Circle?

Session 1



Relationship Styles



Another way to look at these styles is listed below

	Self	Others
Secure	Okay 😊	Okay 😊
Anxious	Not okay 😞	Okay 😊
Avoidant	Not okay 😞	Not okay 😞
Dismissive	Okay 😊	Not okay 😞

My name is Sinead

My relationship style is: Dismissive

People with a dismissive style tend to agree with these statements: "It is very important to me to feel free, and I don't like it when others depend on me. I want to do what I want to do"

- What do you think Sinead's relationships are like?



- What kinds of things do you think would cause problems in Sinead's relationships?



- What could Sinead do to avoid or solve these problems?



My name is Lesley

My relationship style is: Avoidant

People with an avoidant style tend to agree with the following statements: "I want to get close to other people. But I find it difficult to trust them. This is because I think they won't like me. It's better to keep people at a distance."

- What do you think Lesley's relationships are like?

- What kinds of things do you think would cause problems in Lesley's relationships?

- What could Lesley do to avoid or solve these problems?

My name is Dilal

My relationship style is: Anxious

People who have this style tend to agree with the following statements: "I like close relationships, but I worry that I'm not good enough. Others will take advantage."

- What do you think Dilal's relationships are like?

- What kinds of things do you think would cause problems in Dilal's relationships?

- What could Dilal do to avoid or solve these problems?

My name is Alex

My relationship style is: Secure

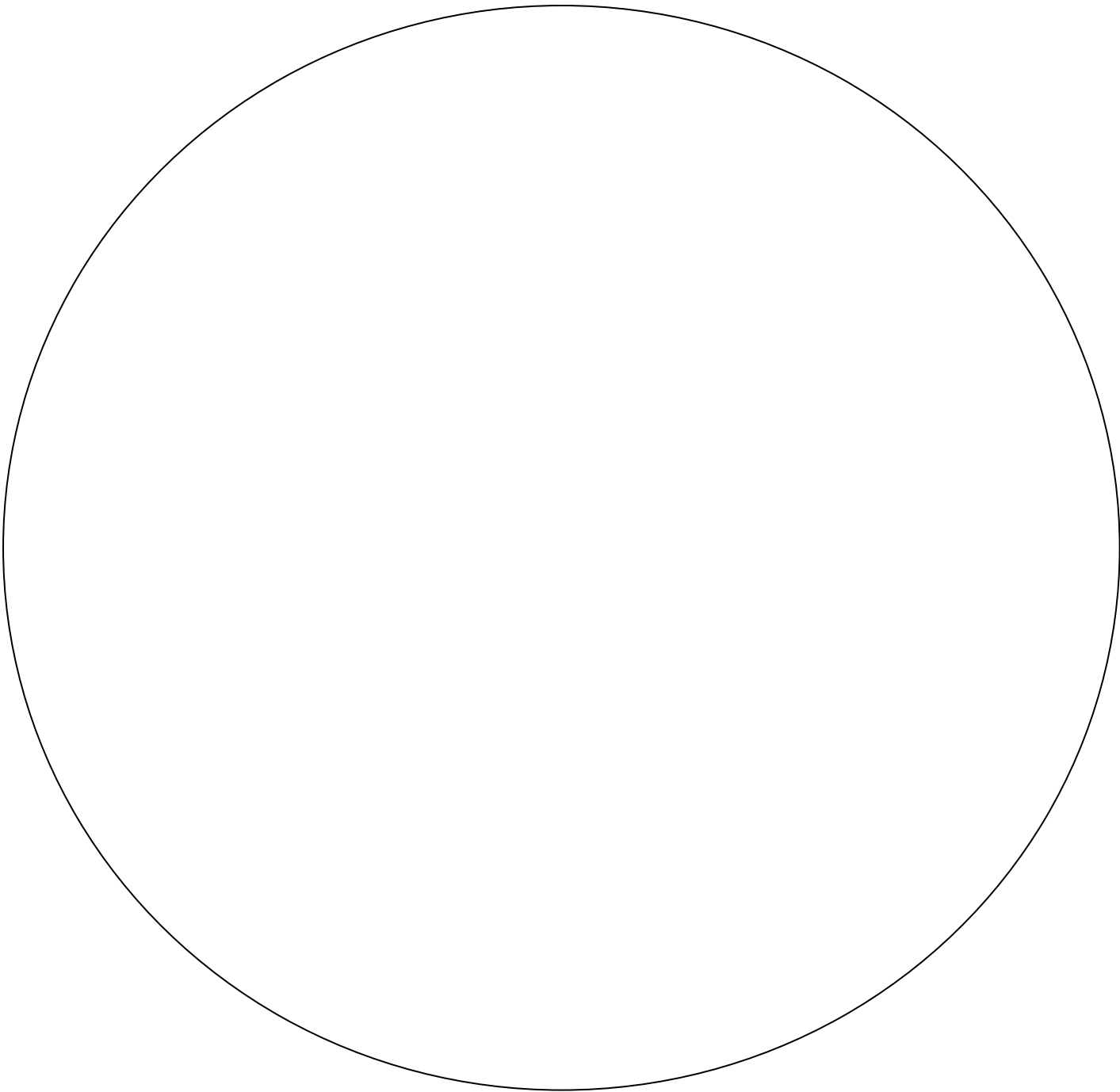
People who have this style tend to agree with the following statements: "I like close relationships. Sharing my feelings is important. If I am upset, or have upset another person I want to resolve it properly"

- What do you think Alex's relationships are like?

- What kinds of problems might Alex have in relationships?

- What would Alex do to solve these problems?

My Future Social Circle



Mini Goals towards my Future Social Circle: Between Session Task

Session 1
Between
Session
Task



Mini Goal:



Mini Goal:



Mini Goal:



Mini Goal:



Mini Goal:



Mini Goal:



Mini Goal:

**A Goal linked to My
Future Social Circle is....**

Notepaper

This page is blank for your own use.

Notepaper

This page is blank for your own use.

Session 2

Blank Pages

Notepaper

This page is blank for your own use.

Notepaper

This page is blank for your own use.

Session 3

Costs and Benefits of Making a Change in my Relationships

A change I'm thinking about making is

Costs

Benefits

If I make this change

--	--

If I stay the same

--	--

What am I going to do?

Why am I going to do it?

- **Describe:** Briefly describe the situation or behaviour that's bothering you. Stick to facts!
- **Express:** Express your feelings and thoughts about the situation. Try to use "I feel" rather than "you", or "you make me". "You" often puts people on the defensive.
- **Say what you want:** Say what you would like the person to do or how you would like the situation to be.
- **Outcome:** Say what the outcome would be. This is the positives for you and them if they do what you ask, and the negatives for you and them if things stay as they are.

Example of how you might use assertive communication:

Some time ago someone who did some work for me rang me up and asked if I could pay them the next day. They said they really needed the money. I was running out of money myself and needed everything I had to buy food until I got paid again. I didn't want to let them down because then they might not ask me to do another job for them. However, we had originally agreed that I would pay them in a few weeks.

- **Describe:** We agreed that I could pay you in a few weeks. Now you are asking for the money tomorrow.
- **Express:** I'm feeling a bit stressed about your request because I don't have the money right now. I'm also a bit annoyed because I feel put on the spot.
- **Say what you want:** I would like to pay you when we originally arranged.
- **Outcome:** This would be good for me as I can use my money to buy food. It also means that I would employ you to do another job that I need doing. This would mean in the long run that I would pay you more money. I guess this would be good for you because money seems to be an issue for both of us at the moment.

Social Situations

Session 3

✓ = no problem

? = OK sometimes

X = hard

Saying thank you		Convincing Others	
Introducing other people		Dealing with someone's anger	
Asking for help		Dealing with embarrassment	
Giving orders		Standing up for a friend	
Saying sorry		Dealing with an accusation	
Being left out		Dealing with group pressure	
Showing you like someone		Keeping out of fights	
Sharing something		Helping Others	
Showing anger		Getting information	
Standing up for your rights		Saying something difficult	
Avoiding trouble with others		Dealing with conflicting messages	
Complaining		Responding to persuasion	
Standing up for your faith or something you believe in		Standing up for your family	

Assertive Communication: Between Session Task

Session 3

Between
Session
Task

Describe: Briefly describe the situation or behaviour that's bothering you. Stick to facts!

Express: Express your feelings and thoughts about the situation. Try to use "I feel" rather than "you", or "you make me". "You" often puts people on the defensive.

Say what you want: Say what you would like the person to do or how you would like the situation to be.

Outcome: Say what the outcome would be. This is the positives for you and them if they do what you ask, and the negatives for you and them if things stay as they are.

Notepaper

This page is blank for your own use.

Notepaper

This page is blank for your own use.

Session 4

- **Describing points of view** – be clear about yours and the other person's point of view on the issue causing conflict.
- **Draw out differences** – look for and draw out the exact points where your points of view differ.
- **Think creatively about options** – brainstorm options that both you and they would find OK. This may mean; thinking of completely new options, changing the demands each person is making, or adding conditions to increase the fairness of the compromise.
- **Look for agreement** – compare the options and look for ones you and they would both be OK with.
- **Reaching a compromise** – offer your suggested option for compromise and give a reason to support it. This involves saying why the option is an OK outcome for everyone involved. This means saying what each person will gain from the suggestion.

This suggestion becomes the starting point of a discussion.

The aim of this discussion is to reach a compromise that is
fair for both of you.

Negotiation: Between Session Task

Session 4
Between
Session
Task

**Who is the conflict with?
What is it about?**

How do I see the situation?

How does the other person see the situation?



What options are OK for me?

What options are OK for the other person?

Continued on next page...

What is OK for me and them...?

What compromise will you suggest?

What will you get from the compromise?

What will the other person get from the compromise?

Notepaper

This page is blank for your own use.

Notepaper

This page is blank for your own use.

Session 5

Blank Pages

Notepaper

This page is blank for your own use.

Notepaper

This page is blank for your own use.

Getting Ready for My Individual Session

Before your Individual session, it will be useful to have a think about the questions below. There is room for you to make notes if you find it helpful. It might also help you to look at your Personal Plan. Remind yourself what you wanted to gain from the programme. Think about what you have achieved so far.

- **What skills from this module am I good at?**

- **When have I used skills from the module recently? What happened?**

- **What I need to keep practising is...?**

- **When can I use what I have learnt? (think about managing red flags and working towards achieving your goals)**

