

# Together Apart



## Worksheet 1: Personal preparation

Please watch the accompanying video before filling in this sheet. You might want to print these sheets out, write the questions and answers in a journal, or work on this on your phone. Do what feels right for you.

### 1. What do you arrive here with?

What existing skills, tools, or knowledge about yourself might be useful for you in this moment? For example, you may have previously navigated adversity, adapted to unexpected change, or successfully achieved something you weren't sure you were capable of. What personal resources and knowledge about yourself might be useful for you on the road ahead?

## 2. Knowing what you need

We are all going to need to get to know ourselves and our needs so that we're able to look after ourselves as best we can. Write down the ways in which you can support yourself and remember to refer back to this page at a later date if you need to.

**If I need cheering up the things I can do include:**

**If I feel lost or overwhelmed the things I can do are:**

**If I feel angry or frustrated the things I can do are:**

### 3. Who's in my team?

Who are going to be the people to support, guide, and help you along your way? You may need different people for different things so have a think about who you have access to that could help you with the following:

**The people who are fun distractions or can cheer me up are:**

**The people who inspire me are:**

**The people who I can talk with if I'm not sure of something are:**

**The other people who are in my team are:**

## 4. Learning about self-compassion

We all have traps we fall in to, places we get stuck, things we know we struggle with. The more we can get curious and learn about our own traps the more we can learn and grow. How well do you know your own traps? Write down the things about yourself, your patterns, your reactions or tendencies that you may need to keep a curious eye on during this process.

## 5. Find your stability

It's very possible that many aspects of your life have been disrupted and changed because of COVID-19. When we're experiencing lots of disruption it can be useful to also give our attention to the things that haven't changed. Write down all the things that you are grateful have not changed. Think about relationships, nature, resources you have access to, and the things you are still able to do.

## 6. Giving energy to the best version of this

There are many negative things about the current situation. Without trying to minimise or hide from the negatives we can also make space to notice or think about the possible good things that can come out of this. Write down any of the good things you're already aware of and then some of the possible good things that you can imagine coming out of this situation. You may find it useful to refer to this list in the future and add to it as you go along.