

Our Relationship

This can be completed as a drawing exercise or a written exercise, and it can be done as an individual but if you are working together as a couple, complete one worksheet each.

1. Spend five minutes drawing a picture or writing out words about of you see your relationship.
2. Now draw or write how you would like your relationship to be in the future.
3. Share your work with each other and your social worker and explain them to one another. This will share each other's reality with the other and help identify common goals to work towards.

NOW

FUTURE

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4. Spend five minutes drawing a picture or writing out words about of you see your relationship.
5. Now draw or write how you would like your relationship to be in the future
6. Share your work with each other and your social worker and explain them to one another. This will share each other's reality with the other and help identify common goals to work towards.

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