

CHANGING OUR RELATIONSHIP WITH VOICES AND OTHERS

start where you are most likely to succeed. This is likely to be a relationship that is difficult, but which has the potential to change for the better if you make some changes in the way that you behave within the relationship. Before making the decision about which relationship to focus on, you will need to know your relationships really well. You might want to use Figure 20 (below) to make a list of the relationships that you find difficult, and put them into order according to the degree of difficulty and the likelihood of the relationship changing. You might want to discuss and create this list with someone who knows you well.

Figure 20: Mapping my relationships

| Name of a person I have a difficult relationship with | How difficult is this relationship – on a scale of 0 ‘not difficult at all’ to 10 ‘extremely difficult’ | How likely is this relationship to change – on a scale of 0 ‘not at all likely’ to 10 ‘extremely likely’ |
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