

IN THE NOW | BUDDY DEBRIEF

YOUR BUDDY COULD BE ANYONE OR ANYTHING!

YOUR FRIEND, PARTNER, NEIGHBOUR, CHILDREN, GRANDCHILDREN, FRIEND'S KIDS, CAT, DOG, EVEN YOUR RABBIT ETC.

A place to celebrate the positives about your buddies right now. What nice things have they done for you, or what nice things have they said to you. Small things count.

I am grateful for:



Think of what caring actions you enjoy. Are you great at leaving kind or funny messages?
Can you cook or bake small items? Can you post cards, draw a picture, or sing them a short song? Can you make their favourite chill out space cosier or cleaner?

My buddy strengths:



Think of ways you can show them some love back. Even tiny actions will positively affect them. Or even, think of an old buddy you could connect to.

Showing love back:



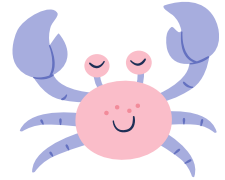
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OPTIONAL EXTRA PAGE TO UNPACK YOUR RELATIONSHIP SOME MORE...

They could have done some annoying things as well. Maybe the reason for this was they were busy, stressed or tired. You may have been annoying them too; and at times without even knowing.

*It always helps to think of the positives to gain perspective and balance.

What annoyed or tired me:



What I did to annoy or tire my buddy/buddies?

Reacting differently:

For example: How can I react differently when I feel annoyed/ tired? Think self care. Where can I go, or what can I do when I feel like annoying someone? Am I bored? If so what can I do instead?



Finding small joys

What are some small things you could do to relax and free your mind?

Maybe: drop essential oil around to create nice smells, use a heat pack (be careful not to dry it out, or leave it around clothing), make a hot drink, stretch, read, draw without expectation etc.

