A close up of a sign

Description automatically generated

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| **RETURN VISIT** | | | |
| **Y** | **N** |
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| 10 | **M**  **O**  **T**  **I**  **V**  **A**  **T**  **I**  **O**  **N** | **Persuasion:** Defensive, criticised, not heard at all, stressed, put down, justifying, why I can, I dug my heels in, no connection, resisting, uncomfortable. Justifying, “I know”-“maybe” embarrassed, in a corner – cornered into saying I will. Listening for the sake of it, my resources were under threat – stubborn, I don’t want to, angry, implied “not a caring mother” a hook, stirred.  **Directive:** annoyed, frustrated, not interested, didn’t connect, mirrored resistance, not feeling heard, understood, no empathy, mothered, wrong approach | **R**  **E**  **S**  **I**  **S**  **T**  **A**  **N**  **C**  **E** | 10 |
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| 5 | **Open Q’s + A Summary:** Speaking about it made me realise I can do something about this, stop putting it off,I can achieve it, I can just get up and do it, 3 things I can do. Affirmed, voicing it helped, the reasons from back of head to front, hearing me saying it, it is different, make up my own mind, generate my own advice, see things for myself, I know what I need to do.  **Summary:** Captured how I was, felt heard, gave me motivation, empathy. My words, language, external reasons no judgement, felt better, why not today? | 5 |
| 4 | 4 |
| 3 | 3 |
| 2 | 2 |
| 1 | 1 |