

### **Worksheet 5.2.3: ALVS as a reflection**

ALVS can be used at any time to help carers to come alongside Edi, and can be used in a simple way as a very powerful complex reflection

Apply any part of ALVS to the following situations as if you were giving Edi a reflection or affirmation.

**Edi:** I hate therapy with a passion. *Slamming the car door with force.*

**Edi:** I will not eat this shit. *Throws the plate onto the floor. It just misses the carpet.*

**Edi:** I am a stupid useless failure and this family would be better off without me. *Having got a B grade in chemistry mock when they expected an A.*

Write down other examples of things Edi might say that you could respond to with ALVS.