

## Worksheet 12.3: Ups and downs of recovery

Carers are likely to have mixed responses to the recovery of Edi. Some might feel they are done and dusted and can get back to normal life, others might be terrified that this tentative recovery might fail at any moment and continue to walk on eggshells. Meanwhile, Edi might feel relieved that the carers are stepping back and letting them take more responsibility. Alternatively, Edi might look better but be in emotional turmoil and be upset that everyone thinks they are recovered simply because they look better. Communication is key.

- Imagine you are in Edi's shoes. What emotions might they be feeling as they see you, the carers starting to relax and take a step back?
  
- What emotions might you be feeling?
  
- As a group come up with some useful phrases using ALVS to keep lines of communication open throughout this period.

In this exercise we have focused on emotions, but any of the techniques introduced in this manual can be used at these later stages of recovery and in those periods when Edi seems stuck at a certain point. The MI language is useful in any life situations in which emotions might be elevated. Acknowledging emotions and opening conversations about thoughts and feelings are skills for life.