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## The Five R's...

The Five R's are prompts to help us move through a process of reflecting on our relational experience in a particular scenario. The prompts are:

- 1) Response
- 2) Relational
- 3) Repeat
- 4) Reflect
- 5) Repair

### **Our aims as we are using the 5 R's are to:**

- Pause and slow down an experience
- Try to stick with the experience that we had by attuning to our response and reactions in the moment, seeing if we can find more words to build a richer understanding
- See if this deeper understanding or reflection on our own state can help make sense of what may have driven our decision making – what did we see, hear or notice in our interaction that drove our responses
- Use this reflection to test whether we have gained more insight into what another person may have been experiencing in the moment with us, and how this can help us understand our interactions together
- Finally, we want to see if this reflective understanding of the relational experience can help us to see patterns in relating that might be important to be aware of so we don't reinforce or repeat unhelpful experiences

### **Prompting Questions:**

- Notice your response: start with workers response, usually impact state but not always - how did *you* feel? What kind of stance does that fit with? What corresponding action or impact state?
- What is the relational push/pull? What do you want to do?, but don't?, why not?, what's your worry? How do you compensate?
- Is it a repeat of a common relationship for the person you are seeing? Importantly for formulation - is this a relational pattern they are used to?
- Reflect by noticing (your part or how you may be seemingly coming across, the dilemma you are in – pulled between fantasy & desired)
- Repair by naming the dilemma or relational pattern, checking in about the YP's experience, and looking for alternatives together