

**Off-load:** Reflect freely about thoughts, feelings and actions in relation to a contact.

**Reflection:** Use the prompts to purposefully reflect on **Now**, **Outcomes** and **Possibilities**.

**Now:** Make a note of where you and the parent are currently in the work.

**Outcomes:** Reflect on the outcomes of the partnership-based task of the Helping Process considering strengths and difficulties.

- Achieving a clear and shared understanding of the immediate and wider family circumstances.
- The nature, complexity and role of family resilience and risk factors are understood.
- Stable and dynamic risk and resilience factors have been discussed.
- Key areas for change have been discussed and negotiated.
- Parents and practitioners have been open about the extent of their shared understanding as well as where differences exist.
- There is a shared understanding of the impact of parent constructs on family circumstances and the FPM Helping Process

**Possibilities:** Consider where you'd like to be in the work and what is possible.

**Planning Action:** Deciding on the next steps, for the Helping Process, the Partnership and your action to be taken moving forward. Keep it SMARTER!