

Having positive relationships and finding your crowd



Activity

Buzz diary

So many little things happen every day, it's easy to forget how you felt in the moment they happened. A 'buzz diary' is especially for recording what makes you buzz; it's a great way to keep in touch with how you are feeling and how you are affected by others.

Each day, for one week, when you're hanging out at home, make a note of who you've spent time with that day and describe in a few words or a picture how they made you feel. For example, you might draw a face to show you were happy or sad, laughing, tired, angry or whatever else you felt.

After a week, see if any patterns emerge from your diary. Who makes you smile? Is there a friend who lets you down in different ways?

	Who	How did you feel?
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

P.S. There's more help on relationships in the Start Bouncing section of the Bounce Back website: www.bouncebacknewham.co.uk