

The Kolvin Service

Understanding my story Workbook



**How I've ended up
here**



A large, empty rectangular area with a dashed black border, intended for a person to write their response to the question "How I've ended up here".

Things I'm good at



A large, empty rectangular area with a dashed black border, intended for writing or drawing.

Things I find
difficult



A large, empty white rectangular area with a dashed black border, intended for writing responses to the prompt 'Things I find difficult'.

**What
keeps my
problems
going**



A large, empty rectangular area with a dashed black border, intended for writing or drawing.

**What do I need to do
or change**



A large, empty rectangular area with a dashed border, intended for writing or drawing.

**What help do I need
from others**



A large, empty rectangular area with a dashed border, intended for writing or drawing.

Useful information

Understanding my story - Information Leaflet

www.cntw.nhs.uk/resource-library/kolvin-service-understanding-my-story/

Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre on telephone 0191 246 7288.

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