

Trust

Children and Young People who have difficulty with trust can:

- Find it hard to trust anyone
- Misjudge the intention of others and trust the wrong people
- Trust too much and be exploited
- Struggle to invest in new relationships because they do not know how



Empathy

Children and Young People who have difficulty with empathy can:

- Find it difficult to understand the feelings of others
- Misinterpret how others are really feeling
- Harm others and not seem to feel any remorse
- Struggle to recognise and name their own feelings
- Feel “out of sync” within their relationships, even the most secure ones



Stress

Children and Young People who have difficulty managing their stress can:

- Be withdrawn or absent in everyday interactions
- Experience sleep disruption
- Avoid activities that add even minimal stress
- Become over-excited
- Feel disconnected from themselves and their feelings
- Act in ways that lead to others feeling uncomfortable or stressed



Anger

Children who have difficulty with shaping their anger can:

- Find it difficult to make and keep friends
- Have the potential to hurt others
- Change from calm to angry very quickly
- Struggle to be part of group activities
- Make others feel uncomfortable, frightened and tense

Shame

Children and Young People who have difficulty with managing shame can:

- Find it difficult to accept responsibility for their behaviour
- Struggle with any sort of feedback
- Avoid situations where they might lose out or not be able to perform
- Find it hard to make decisions for themselves, in case they get it wrong
- Seek out others who feel the same way as them

