

# Scenario cards



## It is your birthday, and you have a party at your house...

A neighbour knocks on your door and tells you that the noise from your party is disturbing them.

You say sorry and explain that you are having a birthday party – you invite your neighbour in to have a drink and meet your friends and family.



## You are feeling sad...

Your friend comes round to have a cup of tea with you.



# You are in a relationship with your girlfriend/boyfriend...

You find out they have lied to you.



# Your support worker says that you can't go swimming as planned...

She says it's because she needs to go shopping for a present for her grandson.



Your partner bought you the treats you like when they were at the shop.



## Your friend said something that upset you...

You had a conversation about it, they understand why you are upset and they apologise to you.



## **You are at a restaurant with your sister...**

When it is your turn to pay for lunch you always go somewhere very expensive, but when it is your sister's turn to pay you go somewhere very cheap.





## **You and your friend are planning a day out together...**

You both want to do different things. You have a argument and decide to cancel the day out.



**You tell your friend you are having money problems and will not be buying Christmas presents this year.**

Your friend says to tell her what you need, and she will buy you a present of things you need, like shampoo or new socks.



# Your friend buys you a football strip for Christmas...

It is for the team *they* support, not the one *you* support.



Your uncle rings you up to see how you are.



## **A work colleague gives you feedback on a presentation you gave...**

They tell you some of things you could have done better, like speaking louder, but they also tell you some of the things you did well, like taking your time going through your slideshow.



**You tell your girlfriend/boyfriend that you would like to spend more time with them...**

Your girlfriend/boyfriend chooses to go out and spend time with other people, but doesn't spend any more time with you.



# You start a new job but you don't know anyone there...

Your new colleague asks you if you would like to join him for lunch.



You pretend to like the same music that your partner likes.





## **You and your friend don't like the same music...**

You sometimes tease each other about it, but you never fall out about it.



**You do something nice for your friend...**

They say thank you.



## **Your sister borrows your things without asking...**

When you tell her not to, she says you said it was okay to borrow things. But you didn't give your permission.



# Your colleagues go out to the pub after work...

They do not invite you.



## You and your friend have decided to have a day out together...

You both want to do different things. You have a discussion and work out a way to do some of the things you want to do *and* some of the things they want to do.



## **You are having a bad day...**

You call your friend, have a chat and arrange to meet up the next day.



## **You are upset and need to talk to someone...**

You call your friend, but they don't answer. You leave a message on their answering machine but they don't get back to you.



## You share a house with other people...

You are *always* the one who washes the dishes.





## **You want to start going to church, but your family doesn't want to go...**

You need help to get there. Your family find a neighbour who goes to church who you can travel with.



## **You want to start going to church, but your family doesn't want to go...**

You need help to get there. Your family refuse to help you and you do not get to go to church.



## It's your birthday...

Your partner has forgotten it's your birthday.  
They forgot last year too.



## It's your birthday...

Your brother has organised a really special day for you, with all your favourite things.



## You have an important decision to make...

You sit and talk with your family. They help you to think about all the different points you need to think about. They let you make the decision and respect it, even if *they* don't agree.



## **You have an important decision to make...**

Your family tell you what they think you should do. You don't agree with them. They don't let you do what you want to do.



**Make up your own  
scenario...**

**?**



**Make up your own  
scenario...**

**?**





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