

# The Kolvin Service

## Understanding my story Workbook



**How I've ended up here**



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

# Things I'm good at



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

# Things I find difficult



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**What  
keeps my  
problems  
going**



A large, empty white rectangular area with a dashed black border, intended for writing a response to the question 'What keeps my problems going'.

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



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# What help do I need from others



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## Useful information

Understanding my story - Information Leaflet

[www.cntw.nhs.uk/resource-library/kolvin-service-understanding-my-story/](http://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.

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