

RSE DAY

Celebrating relationships & sex education



The Cycle of Change Example - Friendship

Precontemplation:

Talia and Joshua, long-time friends since primary school, have hit a rough patch in their friendship. Talia believes their recent arguments are minor, while Joshua thinks their friendship will get better again over time. Neither of them considers seeking outside help or making any changes to their friendship.

Contemplation:

After a particularly heated argument about a mutual friend, Talia and Joshua find themselves avoiding each other. They both feel a sense of unease, realising that their friendship may not be as strong as they once thought. They begin to think their issues might be more serious and that they need to address them.

Preparation:

Over the next few days, Talia and Joshua reflect on their friendship and recognise that they need to take action to repair it. They accept that their problems won't resolve themselves and begin to consider ways to improve their relationship. They talk to other friends for advice.

Action:

Talia and Joshua decide to talk honestly about their issues. They agree to meet after school and express their feelings without blaming each other. They listen to each other's perspectives and work together to find compromises and solutions to their disagreements.

Maintenance:

As they continue to communicate openly and work through their problems, Talia and Joshua notice positive changes in their friendship. They find that they're able to resolve conflicts more peacefully and understand each other better. They make a conscious effort to prioritise their friendship and find ways to stay connected despite their differences.

Termination:

After several weeks of actively working on their friendship, Talia and Joshua feel that they have made progress. They have developed healthier communication habits, learned to respect each other's boundaries, and have found ways to enjoy each other's company again. They agree that their friendship is stronger than ever.