



### ✿ 3. Connection Inventory

***Notice the good—even if it's small.***

It's easy to get caught up in the challenging moments. This tool helps you track where connection is happening—even in hard weeks.

DAY	MOMENT OF CONNECTION	HOW I NOTICED	HOW THE TEEN RESPONDED	HOW I FELT

#### ✨ Connection Moments Can Look Like:

- A shared joke or laugh 😂
- Accepting comfort (even briefly) 🤗
- Making eye contact or sitting nearby 👁️
- Engaging in an activity together 🎮
- Choosing to talk or open up 💬
- Letting you set a boundary without meltdown 🚦



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## References

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This tool encourages carers to:

- Recognise when their efforts *are* working (even when progress feels slow)
- Strengthen their own emotional resilience by focusing on relational positives
- Build a more balanced, hopeful view of the teen in their care