



ARIZONA DEPARTMENT OF CHILD SAFETY  
**REFRAMING QUESTIONS RELATING TO PERMANENCY**

- Who are the three people in your life with whom you have had the best relationship?
- Would you like to review where you have lived in the past?
- Would it help you to recall important adults in your life?
- Who have you felt connected to in the past?
- Who from the past or present do you want to stay connected to? How do you want to stay connected with them (phone calls, visits, spending time together during holidays, etc.)? What made this person special?
- How are you feeling about this process?
- What memories, fears, or anxieties is this process stirring up?
- Who helped your parents care for you?
- Who paid attention to you, looked out for you, made you feel important?
- With whom have you shared holidays or special occasions with?
- Who do you like spending time with?
- Who do you feel good about?
- Who do you admire?
- Who would you want to be like someday?
- Who believes in you?
- Who stands by you?
- Who compliments or praises you?
- Who appreciates you?
- Who can you count on?
- Who would you call at 2AM if you were in trouble?
- Who would you call to share good news?
- Who would you call to share bad news?