

The Spirit of Lockdown

A storybook for shaping the future



Created by



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About the Relationships Project

At the Relationships Project we believe that everything works better when relationships are valued; people are happier and healthier, and businesses and services are more effective and efficient.

That's why it's our mission is to make it easier for every organisation, service and individual to put relationships at the heart of what they do.

Telling your story

If you had to express the best of your response in 1 sentence:

"The spirit of lockdown for us means...

If you had to distill
your spirit of lockdown
into a single word:

What will you do to keep your #SpiritOfLockdown alive?

Thank you for using this storybook.

To help celebrate and keep alive your #SpiritOfLockdown, why not share it on Twitter and using the poster template overleaf?

4. Shaping the future

In the same way that the “Blitz spirit” has become shorthand for the wartime effort, what will it mean in years to come when we say “remember what we did during lockdown”?

How do you want to remember this time?

What was the main focus of your attention?
What were you working on? What were your priorities?

What three things do you want to remember?

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What three changes do you want to maintain?

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The power of a story

“Stories are our secret reservoir of values – change the stories individuals and nations live by and tell themselves and we change the individuals and the nations.” (Ben Okri)

The stories we tell now about our response to Covid-19 will shape how we look back on this time, and how we move forward as a society.

What are the truths that will inspire our better days?

What’s the spirit you want to bottle to guide your way forward?

The Spirit of Lockdown storybook will help you to:

- Capture how you responded to lockdown
- Reflect on how your relationships changed
- Bottle the spirit of your best days, distill the essence, and build back better, stronger and more connected

How does it work?

1. Gather your friends, neighbours or colleagues - anyone who’s shared your lockdown experience. Or, if you’d prefer to do this individually, get yourself a cup of tea and find a comfy spot.
2. Make a copy of this document if you like working online, or print it out if you prefer the paper approach.
3. Work through each of the four sections at a pace that works for you,, drawing or writing your answers.
4. Share your Spirit of Lockdown by using #SpiritOfLockdown or emailing us at hello@relationshipsproject.org

Ready to shape your story? Then we’ll begin.

1. Setting the Scene

Many things have happened in the last few months that have never happened before. To take stock of what has changed, we need to cast our minds back to what life was like 'before'.

What was life like for you?

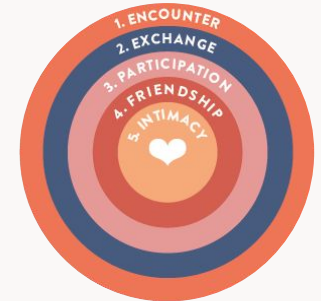
What was the main focus of your attention?

What were you working on? What were your priorities?

What are your relationships like now?

To which relationships do you now pay most attention?

How is this different from before?



- 1. PEOPLE WE DON'T KNOW ■ 2. PEOPLE WE HAVE A PAID INTERACTION WITH
■ 3. PEOPLE WE KNOW ■ 4. PEOPLE WE'RE FRIENDS WITH ■ 5. PEOPLE WE LOVE

How would you describe your key relationships now?

Where would you now place them on this scale?

WEAK	← →	STRONG
IMPERSONAL	← →	PERSONAL
ONE-WAY	← →	MUTUAL
SCRIPTED	← →	ORGANIC
COLD	← →	WARM
DOUBTING	← →	TRUSTING

3. Taking Stock

As those weeks became months, we began to get used to the 'new normal' and had a chance to reflect.

What did you learn about yourself?

What made you most disappointed?

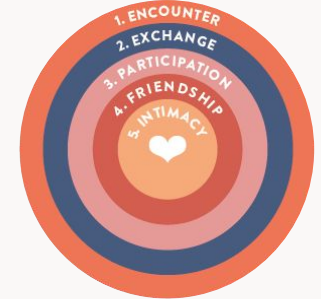
What made you most proud?

What attitudes or values underpinned your best moments?

What were your relationships like?

To which relationships did you pay most attention? Why?

The Circles of Support model might help you reflect on which relationships occupied you the most.



- 1. PEOPLE WE DON'T KNOW ■ 2. PEOPLE WE HAVE A PAID INTERACTION WITH
- 3. PEOPLE WE KNOW ■ 4. PEOPLE WE'RE FRIENDS WITH ■ 5. PEOPLE WE LOVE

How would you describe your key relationships, pre-Covid?

Where would you place them on this scale?

WEAK	←————→	STRONG
IMPERSONAL	←————→	PERSONAL
ONE-WAY	←————→	MUTUAL
SCRIPTED	←————→	ORGANIC
COLD	←————→	WARM
DOUBTING	←————→	TRUSTING

2. Plot twist

Enter Coronavirus, enter lockdown, enter months of disruption.

What was your experience of those early weeks?

What changed most for you in the early stages of lockdown?
What did you do differently?

What effect did this have on your relationships?

Who were you most concerned about?

Who were you in touch with?

Who did you support?

Who did you rely on?

What did you learn about your relationships?

The Spirit of Lockdown for us means...



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#SpiritOfLockdown