

## A GUIDE FOR USING THE SELF-ADVOCACY TOOLKIT

### When would I use these tools?

Use Tool # 1 "This is Who I Am" to introduce yourself to members of your treatment team. This tool may help you articulate what you typically experience and what a rough day looks like for you, what is important to you, your strengths, and areas where you would like to grow or improve.

Use Tool #2 "Communicating with My Team" to clarify what you want or don't want from treatment and to plan what to discuss in meeting with your treatment providers.

Use Tool #3 "What Helps Me Find Calm and Safety" to share what you think will help or not help you manage stress and stay well.

### How do I decide what to share with my treatment team?

Sharing personal information with new people is a process for most of us! People's comfort level with disclosing personal experiences, thoughts, feelings, beliefs, and worldviews often change over time.

Spending time with another person can help build a sense of trust and safety so you can make decisions about what you do and do not feel comfortable sharing with others. That is okay, and quite normal!

Hopefully with ongoing contact and reflection about what you want to share with others, you will be able to make decisions about what to share about your goals and concerns with your support network and treatment team.