

## TOOLS FOR SELF-ADVOCACY #1: THIS IS WHO I AM

Self-advocacy is an individual's capacity to effectively communicate, negotiate or assert their own interests, needs, desires and rights. This tool might help you describe your thoughts, feelings and beliefs. This might help you and your EASA team make collaborative decisions about treatment.

YOU are a unique and valuable individual. It is important to let your treatment team and others in your support network know what matters to you.

You can use this tool to prepare for a meeting with a member of your team or while you are meeting with them. Here are some exercises that will help you reflect and express who you are to other people.

### PART A: HOW I SEE MYSELF

#### What I am like on typical day when I am doing well:

In the list below, circle the words you sense, feel or think best describe what you are like when you are having a good day. Feel free to cross out or change language to make it your own or add your own words in the spaces provided:

EASY GOING	PREFER TO PARTY	ENERGETIC	PREFER TO SLEEP IN LATE
TALKATIVE	OUTGOING	THOUGHTFUL	PROCRASTINATOR
QUICK TO ANGER	CONFIDENT	LOW ENERGY	NOT VERY EMOTIONAL
GIVE INTO OTHERS EASILY	FORGETFUL	CREATIVE	EASILY BORED
LIKE HOW I LOOK	INDEPENDENT	ACTIVE	SHY
CRY EASILY	RESERVED	TRUST PEOPLE	EASILY OVERWHELMED
EXTROVERTED	PREFER TO STAY UP LATE	INTROVERTED	PREFER IT QUIET
SENSITIVE, BUT DON'T SHOW IT	STUBBORN	NIGHT OWL	DON'T LIKE CROWDS
GET IN PEOPLE'S FACE	SENSITIVE AND SHOW MY FEELINGS	DON'T LIKE HOW I LOOK	DON'T CARE WHAT OTHERS SAY
BASICALLY THINK LIFE IS HARD	WANT TO BE LIKED	PREFER PHYSICAL ACTIVITY	BASICALLY THINK LIFE IS GOOD
PREFER TO GET UP EARLY	CALM	DISORGANIZED	GOOD APPETITE
DON'T TRUST PEOPLE	PREFER QUIET	BOOKWORM	PREFER IT LOUD
NEAT	OTHER WORDS TO DESCRIBE YOU? 		

Is there anything else you would like to add? \_\_\_\_\_

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### How I Typically Think:

In the list below, circle the words that most accurately describe how you think and feel on a typical day. Feel free to cross out or change language to make it your own or add your own words in the spaces provided:

BLOCKING THOUGHTS	CREATIVE IDEAS	RANDOM (Not Concise)	PHILOSOPHICAL IDEAS
MAKING LOTS OF CONNECTIONS	APATHETIC	DISTURBED	REMOVED
ANXIOUS	STEP-BY-STEP PLANNING OR PROBLEM SOLVING	SPIRALING	IMPULSIVE
IMAGINATIVE	IMPROVIZING OR RESOURCEFUL	THOUGHTS FASTER THAN TALKING	VIVID OR REPEATED MEMORIES
THINKING IN STEREOTYPES	COMFORTABLE SHARING THOUGHTS WITH OTHERS	OTHER WORDS TO DESCRIBE YOUR THOUGHT PROCESSES? 	

Is there anything else you would like to add? \_\_\_\_\_

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### My Body Feelings:

In the list below, circle the words that describe your body feelings on a typical day. Feel free to cross out or change language to make it your own or add your own words in the spaces provided:

FATIGUED	GROUNDING	TIGHT IN THROAT AND CHEST	FLOODED WITH WARMTH
BUZZING	LIGHTHEADED OR HEAD RUSH	COLD AND CLAMMY	TIGHT FACE
SENSITIVE TO LIGHT	SENSITIVE TO SOUND	SENSITIVE TO PRESENCE OF OTHER PEOPLE	TIGHT IN LIMBS
FEELING APART FROM YOUR SURROUNDINGS	WANT TO TALK OR SING LOUDLY	LIKE TO RUN OR DANCE	SENSITIVE TO TOUCH
SENSITIVE TO BEING OUTSIDE	SLOW OR HEAVY FEELING	TIGHT IN CHEST	EXPRESS A LOT IN YOUR FACE
WIDE EYED	RELAXED AND FLUID	LIKE TO FEEL BODY MOVE	SENSITIVE TO BEING INSIDE
ENERGIZED	LESS SENSITIVE TO PAIN	FEELING DISTANT FROM YOUR BODY	SIGHT IS VIVID
RINGING IN EARS	HYPER FOCUSED ON A CERTAIN PART OF YOUR BODY	HEART RACING	ACHY AND TIRED
SIGHT IS BLURRED	SWEATY PALMS	TIGHT STOMACH	OTHER WORDS TO DESCRIBE YOUR BODY FEELINGS?
			

Is there anything else you would like to add? \_\_\_\_\_

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a. On a typical day, what is your energy like? ☐ High Energy ☐ Medium Energy ☐ Low Energy

b. What is your energy like on an “off” day? ☐ High Energy ☐ Medium Energy ☐ Low Energy

c. Which statement(s) is true for you when you are feeling most like yourself?

☐ I almost always get tired in the mid-afternoon but bounce back in the evening

☐ I have the most energy in the morning

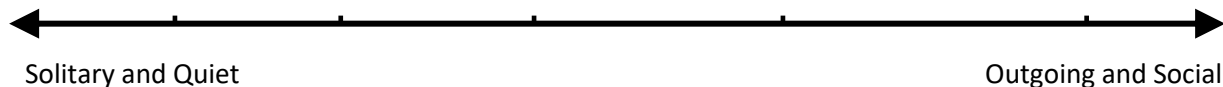
☐ I have the most energy in the evening

☐ Other: \_\_\_\_\_

d. I like to take a nap in the daytime: ☐ yes ☐ no If “yes”, how long a nap does you like to take? \_\_\_\_\_

e. I usually sleep about \_\_\_\_\_ hours a night.

f. On a typical day, where would you place yourself on this continuum?



g. On a typical day, how much do you communicate with others? Choose all that apply to you:

☐ I love to communicate with others in person, texting or social media.

☐ I like to communicate with others, but usually not for a long time

☐ I’m more a listener than a talker. I like to read what others post and sometimes post myself.

☐ I don’t like to communicate with others much. I might answer people’s questions but rarely begin conversations.

h. Are you timid or soft spoken? ☐ yes ☐ no

## **PART B: ROOM TO GROW AND IMPROVE**

We all have areas where we would like to grow and improve. Below is a list of things that others have said they would like to change about their habits, thoughts and behaviors so that they can grow as individuals. Circle the areas that you would like to change. Feel free to cross out or change language to make it your own or add your own words in the spaces provided:

BE MORE ACTIVE	BE MORE RELIABLE	BE MORE GENEROUS	GET THINGS DONE ON TIME	BE MORE SELF-DISCIPLINED
CONTROL MY TEMPER	BE MORE GRATEFUL	BE A GOOD LISTENER	AVOID GOSSIP	DEVELOP DECISION-MAKING SKILLS ABOUT SHARING PERSONAL INFORMATION
THINK BEFORE I ACT	STOP COMPARING MYSELF TO OTHERS	BE SATISFIED WITH WHAT I HAVE	STICK WITH THINGS	STOP PUTTING MYSELF DOWN
TRUST OTHERS MORE	PUSH THROUGH MY SHYNESS	LET GO OF GRUDGES	BE MORE PATIENT	WORRY LESS
HAVE A BRIGHTER OUTLOOK	TAKE MORE RISKS	SPEAK UP	STAY IN TOUCH WITH FRIENDS	ACCEPT RESPONSIBILITY
OTHER WAYS TO IMPROVE? →				

Is there anything else you would like to add? \_\_\_\_\_

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### PART C: What a Rough Day Looks Like for Me

In the list below, circle the words you think describe what you are like when you are having rough day. Feel free to cross out or change language to make it your own or add your own words in the spaces provided:

EASY GOING	PREFER TO PARTY	ENERGETIC	PREFER TO SLEEP IN LATE
TALKATIVE	OUTGOING	THOUGHTFUL	PROCRASTINATOR
QUICK TO ANGER	CONFIDENT	LOW ENERGY	NOT VERY EMOTIONAL
GIVE INTO OTHERS EASILY	FORGETFUL	CREATIVE	EASILY BORED
LIKE HOW I LOOK	INDEPENDENT	ACTIVE	SHY
CRY EASILY	RESERVED	TRUST PEOPLE	EASILY OVERWHELMED

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BASICALLY THINK LIFE IS HARD	WANT TO BE LIKED	PREFER PHYSICAL ACTIVITY	BASICALLY THINK LIFE IS GOOD
PREFER TO GET UP EARLY	CALM	DISORGANIZED	GOOD APPETITE
DON'T TRUST PEOPLE	PREFER QUIET	BOOKWORM	PREFER IT LOUD
NEAT	NERVOUS	OTHER WORDS TO DESCRIBE YOU? →	

Is there anything else you would like to add? \_\_\_\_\_

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#### **PART D: What is Valuable and Interesting to Me**

Circle the things that you care about and enjoy. Feel free to cross out or change language to make it your own or add your own words in the spaces provided:

FOOD CHOICES	PROTECTING THE ENVIRONMENT	EDUCATION	SOLITUDE/SPACE
SPORTS (participating or watching)	FILM	SPENDING TIME IN NATURE	TECHNOLOGY
SPIRITUALITY	PERFORMANCE	RESPECT FOR MYSELF AND OTHERS	MANAGING MONEY

RESPECTING ELDERS	FAITH	FAMILY TIES	BEING PROTECTIVE
SOLIDARITY WITH OTHERS	CREATIVITY (in yourself and/or the work of others)	MUSIC	WORKING HARD
MINIMALISM	SOCIAL CONNECTIONS	APPRECIATIVE OF HUMOR	HELPFUL TO MY PEERS
BEING FRIENDLY TO OTHERS	HAVING AN ENERGETIC LIFESTYLE	EXPRESSING MYSELF	TEAMWORK
WORKING OUT/ EXERCISE	OTHER WORDS FOR WHAT YOU CARE ABOUT →		

**Of the values and interests you chose above, which are the MOST important to you?**

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**What do you enjoy doing?**

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**PART E:** What is a song, video, character, painting or other type of artwork that reflects something essential about who you are and that would help others understand you better? Feel free to draw or use other symbols in the space provided:

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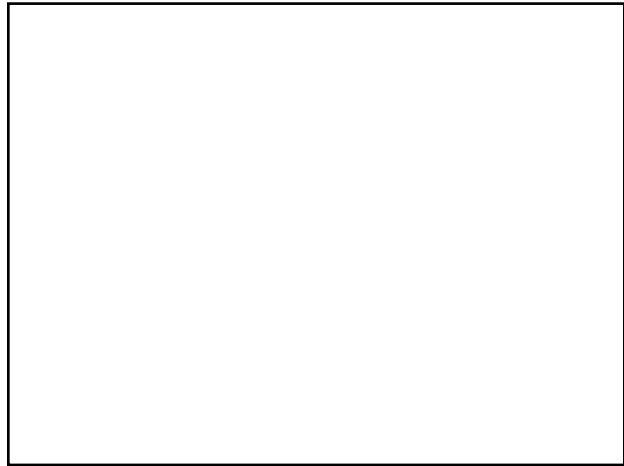
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**PART F:** Now that you have answered these questions, take a moment to look over what you wrote. In the space provided below, reflect on who you are. Think about the answers you gave above. Be as descriptive as you want and feel free to use symbols or pictures in the space provided or on additional paper:

**A Description of Me:**

**What I'm Like on a Typical Day:** \_\_\_\_\_

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**How I Would Like to Grow:** \_\_\_\_\_

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**What a Rough Day Looks Like for Me:** \_\_\_\_\_

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**My Strengths and What I Care About:** \_\_\_\_\_

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