



INVOLVING YOUR SUPPORTS

“LA PARAANTII”

POSITIVE	NEGATIVE
Past - Who has helped you in a difficult time in the past? Who did you use to hang out with to have fun? - When you have shared your struggles with people in your life in the past, what was the most helpful or supportive thing anyone said or did? - Who was your best friend in school? Did you ever share stuff with them? What kind of stuff? - Did you share any of this stuff with anyone in your past? Who in the past has made you feel welcomed, loved, and was always ready to help? - May have learned not to be dependent on others? - What has been the most supportive thing someone has done when you have shared your past struggles? - Tell me about a time when you shared with a person you trusted a hard thing you were going through, and they responded in a way that mad you feel warm/relaxed? - Has there been a time in the past when you needed support from someone, and they were they were there for you? What was most helpful about their support? - When you shared your hurts/struggles in the past, who was your go to person? How did they respond? What worked best for you in the past in how ____ responded? - In the past (Toney) has stepped in and done things to try to help you, like when you went to Batoche, and he froze your bank as charges were popping up in areas you don't frequent. What other ways has he been there to help when you needed someone? - Tell me about a time in the past that you allowed someone to help you, and it actually did help? Describe how “your people” demonstrated that they are “your people” (Jessie), can you tell me a time when you shared “your stuff” and you felt like it was heard and understood? - Has there been a time where you confided in your family about something scary/difficult and it mad you feel better after? When? Who?	Past - Who has made you sad/angry in the past? Who do you no longer hang out with and why? - When you have shared your struggles with folks in the past and you maybe wished you hadn't, what did they say or how did they react that caused you to regret sharing? - When you shared with your best friend in the past, did they stop talking to you? When you struggled, who left you behind as a friend? - Did sharing of this in your past bring you down? Who are some people you have let in your space that have let you down? - Must have experiences some letdowns in past, trust issues, gotten hurt! - Can you tell me about a time where you were vulnerable and shared your big hurt and it went really bad? What have you needed from others when sharing your struggles that they weren't able to provide? - Think of a time when you told a close person to you a struggle you were experiencing and their response didn't make you feel safe/supported, what do you wish they would have done instead? - Who have you reached out to in the past that let you down the most? Do you know what was going on in their live at the time? - What specifically in the past makes you feel like you don't want to be a burden to your people? Has anyone said this in the past, what was it about, let's unpack that. What responses makes you feel like you're a burden, can we share that with your network/specific person and gain strategies? - Can you tell me a time when you let someone in and was vulnerable and something went bad/you felt like a burden? What happened? What made you feel like that? - Describe a moment in your life when you asked for help and the person mad you feel like a burden. Who was that person and how were they involved in your life? - How did you feel when you reached out and it was dismissed? What did you do? - Who have been some people you let in, and it was hard? Has there been a time you confided in someone, and they hurt/shared/judged you? Who was it? When? When you were made to feel like a burden, what did they do?



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<u>Present</u> - Who in your circle did you share with? Who knows you well? - What do you currently need to feel comfortable sharing your current struggles with friends or family? What would you need from them to make you feel safe? - Are they still your best friend? Do you have one person you feel you can call to say ‘hi’? - Who are people you have let in your space that have helped or motivated you recently? - Practicing independence (smaller circle of supports can be more manageable!) - Who do you have currently that you trust to hold your hard things? What would your Michif Youth Support Worker (Cheyenne) say is something she’s really proud of this week about opening up about the hard things? - Explain to me what you like most about your supports that are currently walking beside you during your struggles? - If we were to ask your sister (J.) what her best hope for you is, what to you think she would say? If one of your sisters needed your support today, how would you feel/or what would you do? - When you feel down, sad, hurt, who pops into your mind to talk to? What is your favorite way to communicate to people? - What ways do you think you could be better supported by involving (Toney, Angel, or Jalisa) in your meetings? - Describe the most recent time that you reached out to (Jolisa). What does she do/say to help you not feel like a burden? - Who do you feel understands/accepts the struggle you have been going through right now? - What are some good things that might happen if you share some experiences/difficulties with your Wakohtowin.	<u>Present</u> - Who do you not share what/how you are doing? Who do you struggle with hanging out with? - What is it that you are currently most afraid of happening if you share your struggles with anyone? - If you tell your friends you are struggling, do they send it on the interweb? - Have you shared your depression with anyone recently and you were mocked or ignored? Who is involved in your life that has negatively affected you leading to depression or talking? - Walls are up, lacks trust. Issues may not get dealt with. - Who is someone in your life currently that you would be really nervous of knowing what you are going through? - Sharing with people close to us the hard times we go through can be scary. What worries you the most about how someone may respond? - How do you think you sister’s life would be impacted negatively by being a support to you? (nil) - If (Toney) was to come to your meeting tomorrow, what are your biggest worries? (nil) - Was the past dismissal the reason you feel like your feelings are validated and that is why you don’t want people knowing and then you isolate? - Who are some people that make you feel like you don’t want to share your experiences/that you’re a burden. Why don’t you want to share your experiences/difficulties with your family/sisters? When you talk in depth with someone, what are some signs they are feeling you’re a burden?



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<u>Future</u> - Who do you see as someone to continue to believe in you in future? Who will be there to celebrate your success with? - What would be the absolute best thing that you can imagine happening if you share your struggles with the people in your life? - Getting numbers from friend to go hang out and do fun stuff can create a positive network. Do you ever call anyone to hang out? Do you invite a friend or family out for a coffee, walk? Do you have any teachers or mentors you call to go for a walk or hike or visit? - Who do you think you would like to involve in your space that would help you reach your goals or be the go-to when you feel depressed in the future? - Avoids future letdowns. - What may be the best outcome if you chose to share your struggles? How might your team know that someone has been a healthy influence on your life? How do you think your life might change for the better if you had someone to walk this - Can you describe to me what would be your best-case scenario after you share a big hurt/struggle with_____? - What difference do you think it would make if every time you were going through a difficult time, you had someone to call to talk to? - If you reached out to _____ what is the best thing that could happen? - What do you think Michif Youth Support Worker (Cheyenne) would say would be the biggest benefit to you if all of your loved ones came together to help you in your future plans? - If your nephew were to reach out to you in a moment of need, how would you show he is not a burden? - When you are struggling, and I am not available who are you calling? Can we establish your circle. - What are some good things that could happen if your family knew about your plan? What is your best home for when you share some scary/difficult things happening in your life? What do you need from your people or need them to do when you share?	<u>Future</u> - Who do you see as not being able to help you? Who would put a negative slant on something you have done well? - What is the absolute worst thing that could happen if you share or open up about your struggles? - Not having someone to depend on to share stuff with will end up mentally draining and never allow you to commit to anything. - Who do you think if you shared your stuff in the future would not want to help? Is there anyone in your life currently that their goals do not align with where you see yourself in about a year? - May not get a full/positive outcome. - What would be the worst outcome of telling someone your struggling? (nil) - If you never share your worries or let your sisters support you, how do you think they will feel about their relationship with you? Do you think they will be comfortable asking you for support? - If you reached out to _____ what is the worst thing you think would happen? If you continue to isolate from your network. - What do you think is the worst thing that could happen if you involved the people that love you in your planning? (nil) - What will you do if you have that happen again? Who will you reach out to? Will you reach out? What will happen if you don't? - What do you think the worst thing would be if some of your people knew/about/were involved in your plan? How do you think it would make you feel?