

SEEPS Training Companion II.
Intentional Sharing Guide for Youth Peer Support Specialists

Part of Your Self/Life	Always OK to share about? Never OK? Sometimes OK?	With whom? Why? When/in what settings? What details do you share or not share?
Personal beliefs (political, religious, etc.)		
Personal identity (gender, sexuality, race/ethnicity, community, culture, etc.)		
Personal hopes, dreams & desires		
Social life and/or dating experiences		
Personal accomplishments & successes		
Ongoing personal struggles and/or obstacles		
Current emotions (even when feeling anxious, angry, exhausted, etc.)		
Personal recovery practices/story		
Family dynamics and/or history		
Traumatic and/or formative life experiences		
Experiences with substance use		
Mental health diagnoses or symptoms		
Frustration with the mental health system/other systems or institutions		
Experience with taking medication		
Other?		

