

WORKSHEET:

How Has This Situation Affected Me?



Your situation probably isn't simple; it rarely is. It could be that there are a lot of smaller issues that can be resolved over time, or there might be one bigger issue that needs to be looked at right now. Sometimes two or three issues can be resolved at the same time. You are the only person who knows everything that is going on in your life right now.

Try making a list of what you need. The questions below are meant to help you get started:

What difficulties has this situation caused me?

What is the most important issue for me to deal with right now?

What will happen if this issue doesn't get resolved right away? Maybe nothing will happen – maybe a whole lot will happen.

Ask yourself

- Am I concentrating on my most pressing concern?
- Will someone else understand what I am talking about?
- Can I keep it brief?
- Can I work on this concern in a positive manner and keep my anger and frustration in check to achieve my goal?

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SELF-ADVOCACY

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This Tipsheet was compiled using the following resources:

May, Pat. "The Advokit: A Self-Help Guide on how to Advocate for yourself." Penticton Advocacy Network, 1996. As cited by Domestic Abuse Must Stop, 2004. www.domesticabusemuststop.org