beyond surviving

SURVIVORS HEALING FROM DOMESTIC ABUSE AND SEXUAL VIOLENCE

Peer-Facilitator Self-Assessment Questionnaire

This self-assessment is **optional**. It was developed in co-design with survivors who attend and facilitate Beyond Surviving's supports, drawing on what they told us they value in peer support and in the people facilitating our *Survivor Support Groups*.

It is not a test. There is no score and no right or wrong answer, and it has no bearing on whether you can take part. It's here to help you think about where you are now in relation to facilitating a peer support group.

You can skip any statement, or stop at any point.

This sheet is yours. Beyond Surviving doesn't collect it. If you'd like to talk it through, we are glad to, but that's your choice.

If anything here brings things up for you, please contact us at support@beyondsurviving.ie. If a statement doesn't sound right, tell us there too.

1. My own journey and wellbeing

1. *I have reflected on where I am in my own journey and whether facilitating a peer support group feels right for me at this time.*

   Feels true for me now / Something I'm developing / Not sure yet

2. *I have thought about what facilitating a Survivor Support Group might bring up for me, given my own lived experience.*

   Feels true for me now / Something I'm developing / Not sure yet

3. *I have considered how I would feel, and what I would do, if something said in the group lands close to my own experience.*

   Feels true for me now / Something I'm developing / Not sure yet

4. *I have people to lean on in times I need support.*

   Feels true for me now / Something I'm developing / Not sure yet

5. *I can recognise when I need to take a break, step back or look after my own wellbeing.*

   Feels true for me now / Something I'm developing / Not sure yet

6. *I feel able to listen to other survivors' experiences while also looking after my own wellbeing.*

Feels true for me now / Something I'm developing / Not sure yet

2. Listening, acceptance and understanding

7. *I can listen to someone's story without needing to share mine.*

Feels true for me now / Something I'm developing / Not sure yet

8. *I can accept what someone tells me without asking them to explain, justify or prove it.*

Feels true for me now / Something I'm developing / Not sure yet

9. *I can listen to others without needing to fix, rescue or tell them what to do.*

Feels true for me now / Something I'm developing / Not sure yet

10. *I recognise that sometimes being listened to and understood is enough.*

Feels true for me now / Something I'm developing / Not sure yet

11. *I recognise that every survivor's experience and journey is different, and I can respect perspectives that differ from my own.*

Feels true for me now / Something I'm developing / Not sure yet

3. Supporting everyone in the room

12. *I understand the importance of helping people feel seen, heard and included.*

Feels true for me now / Something I'm developing / Not sure yet

13. *I feel able to make space for everyone to contribute, while respecting those who choose not to speak.*

Feels true for me now / Something I'm developing / Not sure yet

14. *I can allow moments of silence without feeling I need to fill them.*

Feels true for me now / Something I'm developing / Not sure yet

4. Holding the group and its boundaries

15. *I can understand why Shared Guidelines, including privacy and confidentiality, matter to those attending our groups.*

Feels true for me now / Something I'm developing / Not sure yet

16. *I feel I would be able to gently remind someone of the Shared Guidelines when needed, even if doing so feels uncomfortable.*

Feels true for me now / Something I'm developing / Not sure yet

17. *I feel able to remain present and supportive when someone shares something difficult.*

Feels true for me now / Something I'm developing / Not sure yet

18. *I understand that facilitating a group is a different role from participating in one.*

Feels true for me now / Something I'm developing / Not sure yet

19. *I have thought about how confident I feel taking responsibility for a group, and what support or experience might help me develop into this role.*

Feels true for me now / Something I'm developing / Not sure yet

20. *I understand that peer support is not counselling or therapy.*

Feels true for me now / Something I'm developing / Not sure yet

5. Learning and growing as a peer-facilitator

21. *I am open to learning from other facilitators, including through training, shadowing and feedback.*

Feels true for me now / Something I'm developing / Not sure yet

22. *I feel comfortable asking a co-facilitator or coordinator for support when I am unsure.*

Feels true for me now / Something I'm developing / Not sure yet

23. *I can make time to prepare for, facilitate and reflect on group sessions.*

Feels true for me now / Something I'm developing / Not sure yet

24. *I recognise that I do not need to know everything or get everything right to begin learning how to facilitate.*

Feels true for me now / Something I'm developing / Not sure yet

Take a moment to reflect on your answers.

What feels true for you now, what are you still developing, and what are you unsure about? Considering your responses, does now feel like the right time to explore becoming a peer-facilitator?

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“In helping others, I’m healing myself too.”
“It gives me purpose.”

BYS peer-facilitators