

Reflective practice 3

Grounded in the four key components of 'What makes peer support unique', either individually or with others use the following prompt questions to guide your reflection on your discomfort experience. Use reflective practice worksheet 2 on page 18 to note your responses.

Supportive relationship based on hope and belief

-  When discomfort shows up, does it shrink or grow my sense of hope - for myself, for the other person, or for the relationship?
-  Did I react from fear or respond from possibility?
-  Is this discomfort part of a meaningful turning point?

Intentional space where people explore together and work towards recovery

-  Is this space still intentional, or was I sliding into reaction or role confusion
-  Was I able, as the peer supporter, to hold space for this person/group?
-  Am I over-extending, rescuing, or disappearing?

Shared lived experience which builds trust and empathy

-  Am I sharing from a place of mutual understanding or trying to lead the way?
-  Do I feel the pressure to perform being 'further along' in my recovery?
-  Is my story a bridge, or a barrier, in this moment?
-  How did I share any feelings of discomfort?

Mutual relationship of equals where people walk alongside rather than fix

-  Am I holding power, or sharing it?
-  Where might I be slipping into 'fixer' mode?
-  How do I honour the other person's autonomy - especially when I disagree or feel uneasy?

Navigating Discomfort: four key components reflective practice worksheet

Supportive relationship

Supportive
relationships
rooted
in hope

Mutual relationship

Mutual
relationships
of equals

Intentional space

Intentional
space

Shared lived experience

Shared lived
experience

What I have learned...