



MAPPING MY RESOURCES AND CAPACITY

It can be hard for loved ones and community members to know where to begin to support survivors, especially when there is a crisis or when you first learn about the abuse. This worksheet is intended to help you start thinking about the resources and capacities you already have.

START BY BELIEVING - AND EXAMINING MY BIASES.

Who are the people I find myself most likely to believe, or that I find credible?

Who are the people I tend to consider "hysterical," "dramatic," "dishonest" or otherwise untrustworthy?

WHAT KIND OF RELATIONSHIP DO I ALREADY HAVE WITH THE SURVIVOR?

WHAT IS MY CAPACITY? (*Think: Emotional, Visibility, Time Commitment*)

I can commit to:

My boundaries are:

Here's Some Of What I Can Offer:

Special Skills I can share:

Economic Resources I can share:

Locations I have access to:

Other:

WHAT SUPPORT WILL I NEED TO SHOW UP? HOW WILL I RESOURCE THAT?

WHAT ARE MY ACCESS POINTS WHERE MY OR THE SURVIVOR'S PRIVACY CAN BE BREACHED?

HOW CAN I SECURE THESE ACCESS POINTS?