## [Tool H5] How are you doing? Individual self-check Guiding Questions

[downloadable word document]

Checking how you are going at each step is important. The following is a list of guiding questions to ask yourself as individuals.

1. How is what we’re doing related to what is important to me?

2. What do I bring to this?

a. Things that I value or care about

b. Things or people that I know

c. Things I can offer, like transport, cooking, good listener, spaces to meet

d. Other?

3. What are some negatives I need to watch out for?

a. Attitudes (like negativity, impatience, gossip, I sometimes fight with or put people down, I often won’t speak up, I like to rescue people and take over)

b. Ways of communicating that put people off

c. Ways of being in a group that can get in the way, I often want to do it myself

4. This is about ending violence. Did I go through Basics about violence [link to section]? How can I look through this thoroughly or have someone share it with me?

5. Do I know about the collective goals and action plan? If not, how can I ask for them?

6. This is a team or collective process. How is this for me?

a. What feels good and supportive?

b. What is hard?

c. How am I helping?

d. What am I doing to get in the way?

e. How can I make things better?

7. How have I contributed to the group or moving towards our goals?

8. What else can I do to contribute?

9. Is there anything I have a problem with or disagree with that I need to share with the group? Are there any secrets or things people don’t know that I need to share?

a. What is it?

b. Is it hard to share this? Why?

c. Does it need to be shared? If so, how can I do it in the best way?

d. Who can I go to for support?

10. Is there anything else that is important?