



Accommodating a travelling **life**

WEEKLY DIGEST N°6

JCS Training Program

Using own life experience to help others

Lived experience

Direct, personal
experience of a particular
issue or service

Expert by experience

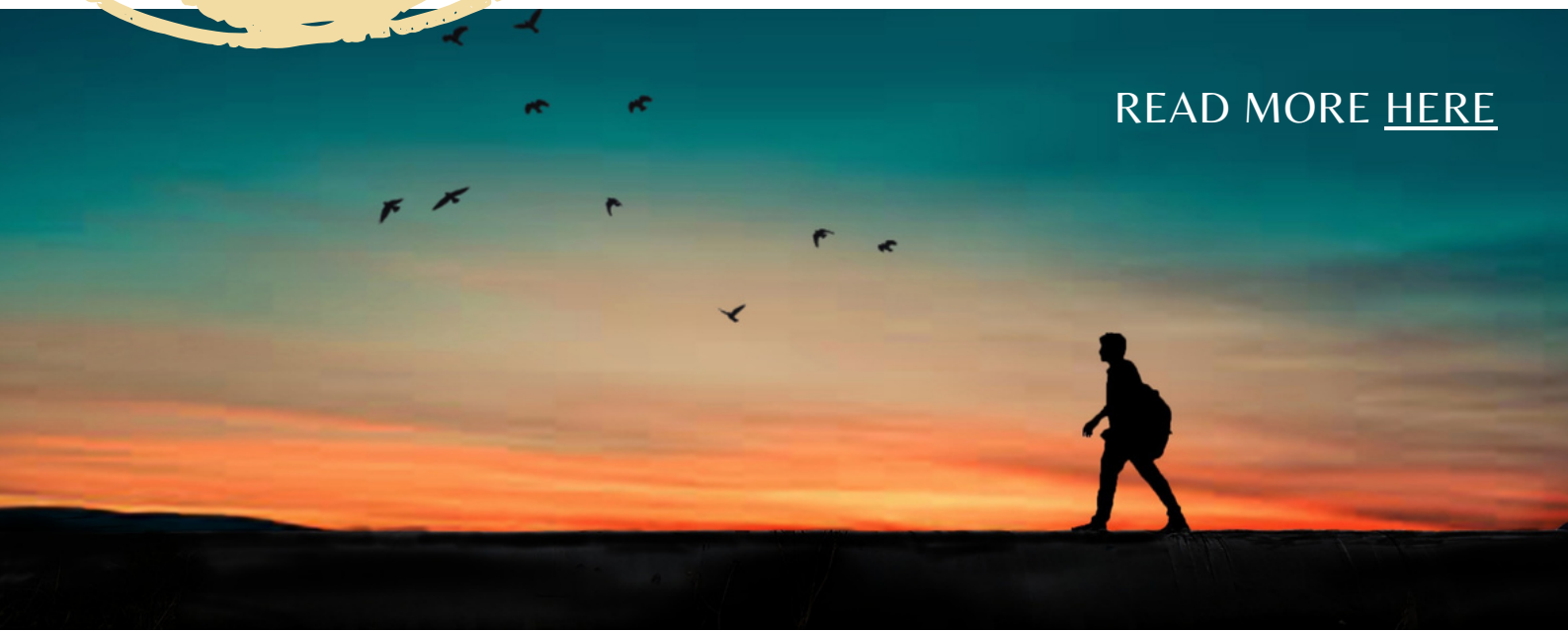
a person who has specific
expertise in a determined
topic because she has lived
(experienced) it
in first person

Friend or service provider?

You may be asking yourself in which direction the peer relationship should develop. It is difficult to give a definite answer to this question. It depends on many factors. It is clearly essential for Peer Support Workers to have a clear code of conduct, which sets out principles and the practice that flows from these.

There is no universal recipe for a successful peer relationship, but any peer supporter shall know what attitudes are not acceptable in peer support, e.g. intimate relations with the peer, sharing illegal substances or financial transactions out of those formally established by the organization providing the services. But what about going out socially, sharing stories from your life, accepting emotional support from your peer? A lot will depend on you, on what boundaries you set, on what you agree on and on what kind of relationship you are willing to create.

READ MORE [HERE](#)





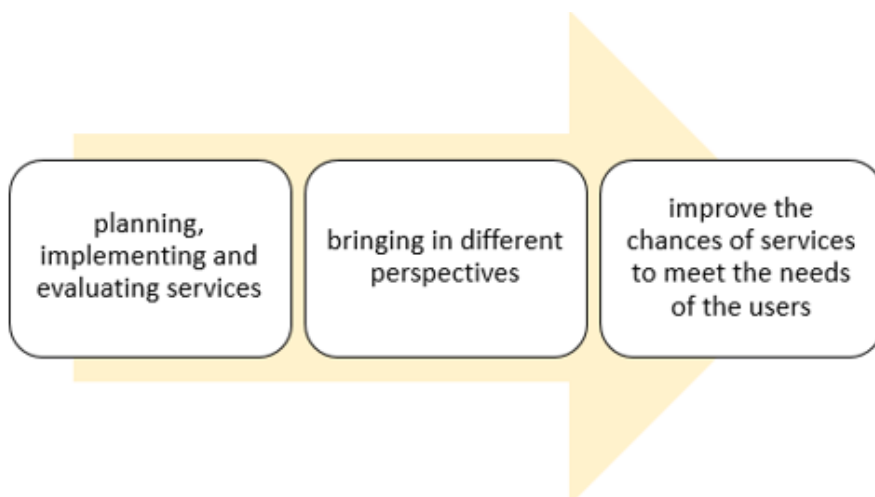
CONSIDER WHAT IN YOUR STORY COULD BE HELPFUL AND WHAT COULD BE HARMFUL TO YOUR PEER

What to look out for?

- Avoid generalizing your experiences
- Remember that everyone is different and may react differently
- Avoid giving direct advice
- Avoid exaggerating both positivity and negativity

Sharing lived experience at other levels

Experts by experience may help not only by sharing their story with peers. Their experience is also valuable to professionals and existing structures.



Remember

You are the best evidence that recovery is possible. How to share this knowledge with those in need? Learn more about this in the Unit 6.

Links to further reading:

[Using personal experience](#)

[How your mental health lived experience can heal others](#)
[Phoebe HoTedx Talks](#)

[Speaking from Experience: The Power of Peer Specialists](#)