



PEER SUPPORT SELF-READINESS ASSESSMENT

No	QUESTIONS	YES/NO
1	Are you comfortable with hearing others share their experiences of grief, loss, and death?	
2	Do you feel ready to offer support and empathy to others who may be grieving the loss of a loved one?	
3	Are you open to discussing your own experiences of grief and loss in a supportive group setting?	
4	Are you open to exploring various coping strategies and resources shared within the support group?	
5	Are you prepared to listen to others' stories of loss with compassion and without trying to "fix" their pain?	
6	Do you have additional support systems in place, such as therapy or close friends/family, to complement the support received from the grief group?	
7	Are you comfortable with having any demographic support you? (practicum students, volunteers, staff members of any gender, age, etc.)	
8	Are you willing to respect the diverse backgrounds, beliefs, and experiences of other members within the grief support group?	
9	Do you feel ready to honour the memory of your loved one while also moving forward with your own life and growth?	
10	Are you willing to share your own memories of your loved one and discuss the impact of their loss on your life?	
11	Do you recognize the boundaries and limits of peer support, including its distinction from professional therapy provided by trained counsellors or therapists?	

If you answered yes to most of these questions: Peer support may be a good fit for you. You seem to possess a readiness and willingness to engage with others in a supportive environment, share experiences, and offer empathy to fellow members of a grief and bereavement peer support group.

If you answered no to most of these questions: It might be beneficial to further explore the distinctions between peer support and professional therapy before engaging in a grief peer support group. Understanding these differences can help you make informed decisions about the type of support that best suits your needs and circumstances.