



1	Am I really listening to what self advocates have to say or am I imposing my point of view?
2	Have I checked out my actions and feelings with the self advocates?
3	Are any of my actions subject to conflict potential conflict of interest or based on a need to be controlling in any way?
4	Do my actions increase self-respect, self-confidence, self-reliance in self advocates and encourage them to take risks ?
5	Do my actions decrease self advocate's dependence on me?
6	Do my actions support people to make their own decisions, solve problems and do things on their own vs my controlling things?
7	Is it OK for self advocates to: <ul style="list-style-type: none">• question my point of view?• work me out of my job?• tell me that they don't need me and can decide on their own?• give me constructive negative and/or positive feedback about what I am doing?
8	Do I realize that advisors as well as self advocates and self advocacy organisations are fallible human beings prone to making mistakes and have problems just like everyone else and any other organisations?