What are some of the issues of self disclosure

Self disclosure is important for Vet to Vet. Many people have not understood or come to terms with their mental illness. They know something has happened to them. They don¹t know a lot of the current information in mental health about mental illness. There are ongoing discussions about what is mental illness, what is the person¹t experiences with these ideas and how can they live this condition after they have learned these new perspectives.

Peer support can be better described as mutual support is important to understand.
We are equals. We share a sense of mutuality not superiority.

The idea of being equal to people and being able to learn from each other is important for mutual support. Not being competitive or superior is important.

Trying to see what the other person has to offer and learning from them is a characteristic of mutual/peer educational support meetings. The idea of mutuality is important to people. People want to feel acknowledged. People want their views considered. People want their ideas accepted.

People don¹t want to feel put down. People want to share and give. Our job a peer facilitators is to open that door and welcome people. So that we can make that transfer of knowledge possible.

The idea that we are equal and we have information to share means that this process can go on longer than traditional learning. In some classes, there are beginnings and endings. The idea of mutual support through education means that we have established an ongoing learning community. We stay with each other and learn. We support each other as long as we are interested in being together.

My rule is: I want to be with people who want to be with me.

Mutual support meetings are a process of attraction. I like the people who attend and they like me. We work together. We try to find a way to talk with each other. We support each other after we have gotten together. After coming together, we stay and try to learn from each other. Our interests are based on mutual respect and knowledge.

We will not always agree with others. We can come have personal satisfaction with our ideas. Sometimes, we might have to follow our hearts and minds and go with our ideas. We might have to continue on when other people don¹t agree with us. Sometimes, we are wrong and need to admit it.

In mutual/peer support meetings, not everyone will agree with all other people. Mutuality doesn¹t mean that we are all in agreement.

However, we don¹t have to be in disagreement all the time either.

Mutuality is way of being different from each other but still being equal. Mutuality means that we see our shared similarities.

Mutuality is a form of interdependence and not independence. Mutuality is a form of community building.