**Hand out for small group exercise, we divide the room into those with lived experience and those who are family members.**

As family members what is our experience when faced with our loved ones lived experiences?

As loved one, what is our experience when faced with our family member’s experience?

Divide room into family members and voice hearers, and then into smaller groups depending on size of workshop. Count off groups (4 groups family members)

**Issues to discuss in family member small group**

How do I respond, feel, and react to my loved ones voices and experiences?

Do we need to stay in control? Fear for our safety?

Where do we go inside?

What do we say to ourselves? What do we say to our loved ones?

What is the cultural/ethnic lens that we see them through?

What assumptions do I have about my loved ones experience?

What are the power dynamics involved in our relationships?

What past experiences affect our current relationship?

What can I do to improve this relationship?

**Issues to discuss in lived experience/voice hearers small group**

Areas of conflict with family members?

Areas of agreement?

Our reactions to our family members?

What helps, what doesn’t help?

What are they communicating to us by their attitudes and speech?

Fears and anxiety about being hospitalized? Medication?

How do we respond?

What can help me feel safe?

**Designate one person as note taker and reporter to the large group.**