

T-MAPs

transformative mutual aid practices



Transformative Mutual Aid Practices (T-MAPs) are a set of community-oriented training materials that provide tools and space for building a “map” of personal stories, wellness strategies, resilience practices and resources.

To receive a copy of your T-MAP, enter your email address here:

jakislin@outlook.com

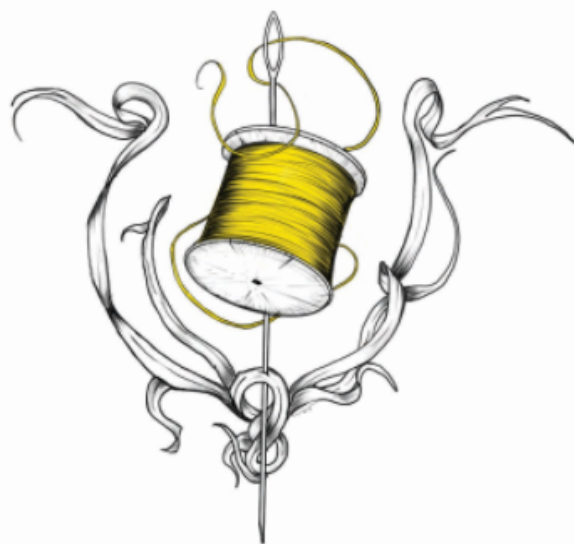
Map-Making Instructions

Before you start working on creating your T-MAP, take a few minutes to ground yourself - the more centered you are, the better time you'll have with this process. The T-MAPs workbook is designed to begin with questions that explore who you are and what you care about, and as they go on become more challenging, digging into what it's like when you're struggling. Eventually, you'll want to answer the following questions thoroughly, but you may start out with notes and evolve your answers over time. **This is a living document. You don't need to do it all at once**, and it can be really helpful to talk over these questions with other people. If they get too challenging, take a break and come back to it. Remember that you are creating a map for you and other people to be able to follow - it's worth taking the time to find the right language that will make sense to you, and that you will be able to share with others.



How to Use This Online Tool

You can save your progress and return to this form anytime - just click the Save button, and you'll be provided with the option of receiving a link to come back to your T-MAP. Feel free to skip questions and return to them when you're ready - you can navigate through the links at the top of this screen (that say things like Question 1 and Question 2). When you're finished creating this section of your T-MAP, press submit, and you will receive a pdf of your responses. Then come back to work on the other T-MAP sections!



The T-MAPs Questions



Section 1: Connection and Vision

The purpose of this first section is to help ground us in our strength and resilience before we undertake the T-MAPs process. To reframe the conversation so that it's not starting from the premise that we are sick and need fixing; instead, we are reminded of what we are like when we're well -- how it feels and how we relate to the world around us. Taking the time to think about these things is generative: this is less like a form to fill out where we already know the answers and more a starting point to prompt our imaginations.

How do I feel when I'm most alive?

*Check off any of these examples that apply to you, and **write in your own answers at the bottom:***

I want to look people in the eyes
I feel capable - I can manage my day to day activities
I notice the beauty around me
I feel hopeful and excited about the future
I feel like there is a place for me in the world, that I actually belong here
I feel connected to something much larger than myself; history, land, community, spirit.
I feel strong and powerful in my body

Describe Your Own Experiences

I've been blessed to have many enriching experiences and active in many supportive communities. To have been raised in a Quaker community and attended a Quaker boarding high school. To have had an intense and challenging career in pediatric respiratory medicine. And involved in social justice work in various diverse communities.

I have been a lifelong runner. And I'm a photographer which helps me enjoy the beauty around me.

What am I like when I am doing well?

Check off any of these examples that apply to you, and write in your own answers at the bottom:

My Head is Clear – no nagging negative thoughts, not foggy, not agitated
Present - Taking pleasure in the simple act of breathing/feeling my feet on the ground.
Well Rested – comfortable in my body
Organized - I keep it together and get things done
Creative - I have new ideas, work on projects
I do things I love, and don't just stay home all the time

Describe your own experiences

My physical fitness is one basis of doing well. Because I refused to have a car for environmental reasons, I ran a lot, around 1,100 miles a year when I was keeping track.
Having opportunities that are challenging, that I'm interested in and have the tools to tackle are what I enjoy doing. I love to spend time writing and doing photography.

What's are the most important things in my life?

Check off any of these examples that apply to you, and write in your own answers at the bottom:

Getting along with my family
Feeling safe and that the people I care about are safe
Working on projects with other people that can change the world
Romantic relationships, dating, or friendships
Learning and growing
Doing well in areas I care about, like school, activist groups, creative projects, or my workplace
Having mentors and being a mentor to others
Ability to be generous
Solidarity with oppressed people everywhere
Maintaining my connection to my imagination

Describe your own experiences

Material things aren't important. I enjoy working in diverse communities working on justice issues.
Currently I love working with my Mutual Aid community and the Buffalo Rebellion, a coalition of justice organizations.

What are some of my strengths?

Check off any of these examples that apply to you, and write in your own answers at the bottom:

I'm a survivor
I'm real
I'm honest
I am good at telling stories
I have a big heart
I care about the other people in my life
I feel things really strong
I'm creative
I take good care of myself
I fight for what I believe is right
I don't give up
I'm kind
I take good care of children and animals
I'm a strong leader

Describe your own experiences

I don't give up. I've worked my entire life to try to get people to stop using fossil fuels. I express my creativity in daily blog posts and walks to take photos. My career was spent doing research in a children's hospital. I love children.

What's are the values and principles that guide me?

Check off any of these examples that apply to you, and write in your own answers at the bottom:

I'm outraged by the mistreatment of people in the mental health system and I want justice and freedom for all of us
I am guided by a strong sense of love for my fellow human beings
I believe in taking care of the environment
I believe in taking really good care of myself and being an example for others
Above all else, compassion
The values espoused by my religion
Maintaining a connection to my dignity no matter what
Achieving my full potential
Taking the hardships I've lived through and turning them into lessons for others
Creating and sharing beauty

Describe your own experiences

My values were instilled by being raised in a Quaker community and being involved in many Quaker institutions and projects. I'm now very involved in a Mutual Aid community and the Buffalo Rebellion, a coalition of justice organizations in Iowa. I'm also deepening my relationships with my Indigenous friends.

How do I treat myself when I'm well?

Check off any of these examples that apply to you, and write in your own answers at the bottom:

I make time for doing the things that make me happy
I take the time to watch the sunset

Describe your own experiences

I do dwell on regrets from the past. So I've learned to make times for doing things that make me happy, which are writing, walking and photography.

How do I treat others when I'm well?

Check off any of these examples that apply to you, and write in your own answers at the bottom:

I consider other people's feelings and emotions when I make decisions
I'm able to listen well
I'm kind and generous
I stay in touch - return texts, phone calls, etc

Describe your own experiences

I am a good listener. And kind. But I tend to be isolated.

If I imagine that in a year my life is exactly what I want it to be, what would it look like? What would I be doing, thinking, feeling? Where would I be living? Who would I be hanging out with? How would I be spending my days?

I would continue to do the things that are meaningful to me. Writing, walking and photography. But I would like to be in the Rocky Mountains. I would like some friends or family to live nearby.

If you want to use T-MAPs material in your project or organization, please read this:

T-MAPs is licensed by Jacks McNamara and Sascha DuBrul under a [Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License](#).

You are free to share — copy and redistribute the material in any medium or format under the following terms:

- **Attribution** — You must give [appropriate credit](#), provide a link to the license, and [indicate if changes were made](#). You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.
- **NonCommercial** — You may **not** use the material for [commercial purposes](#).
- **NoDerivatives** — If you [remix, transform, or build upon](#) the material, you may not distribute the modified material **without our express consent**.

If you are interested in re-purposing T-MAPs material in your organization or project, please get in touch by emailing sascha@mapstotheotherside.net.

**You've completed
section one!**

