



HOW WE DO IT

VIBE CHECK TOOL

- **Pass out a “Vibe Check” worksheet to each other:**
 - The **orange page** is for the peer
 - The **pink page** is for the YSS
- **Go through each question separately or together**
- **Be as honest as you’re willing to be** (what you put in is what you’ll get out)
- **Take turns sharing what you wrote for each question, and flow with the conversation from there** (it is okay to go off on a tangent, the goal is to kick off helpful conversation)
- **Once you’re finished going through the questions, come back to this sheet and fill out the “Start, Stop, Continue”**
 - **Start** - Habits or practices that are new that both of you want to give a whirl
 - **Stop** - Habits or practices currently happening that both of you agree would be best to stop
 - **Continue** - Habits or practices currently happening that both you agree are helpful and should keep going

START

Heck yeah
let’s do it!

STOP

Yeah let’s like,
not do that..

CONTINUE

Let’s keep it
rollin’

FOR THE PEER VIBE CHECK



How would you describe our relationship in 3 - 5 words?



What are some parts of peer support that you enjoy or benefit from?



What are some expectations you had going into peer support?



What are some parts of peer support you don't enjoy or benefit from?



Do you feel like we are working towards those expectations?



At what point do you feel we should talk about stopping peer support?



Have your expectations changed since starting peer support?

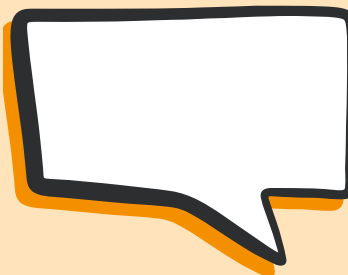
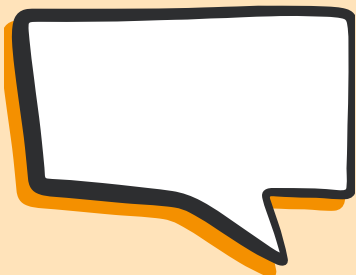
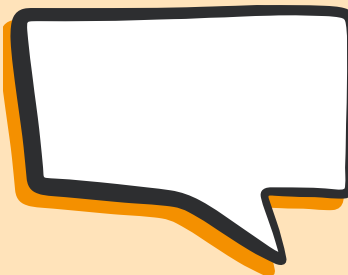
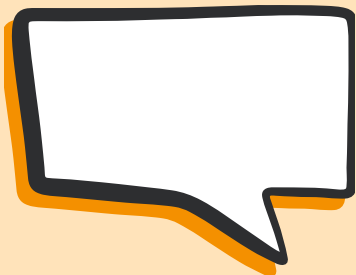
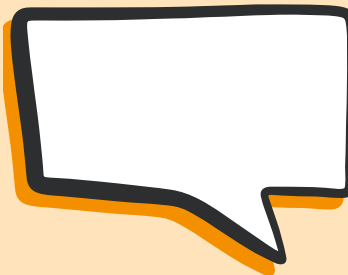
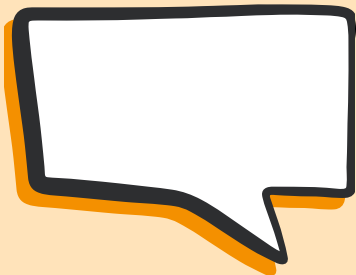
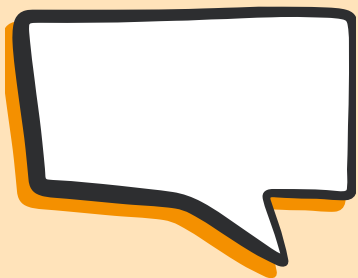


What would make peer support more enjoyable or beneficial for you?



FOR THE PEER

VIBE CHECK



FOR THE YSS

VIBE CHECK



How would you describe our relationship in 3 - 5 words?



What are some parts of working together that you enjoy or benefit from?



What are some expectations you had going into this connection?



What are some parts of working together you don't enjoy or benefit from?



Do you feel like we are working towards those expectations?



At what point do you feel we should talk about stopping peer support?



Have your expectations changed since starting working together?

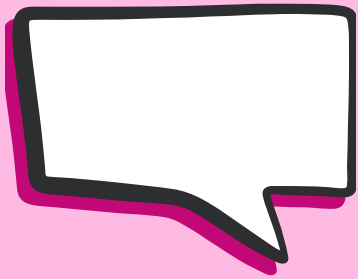
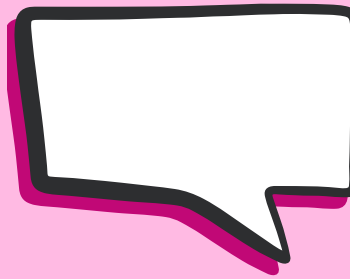
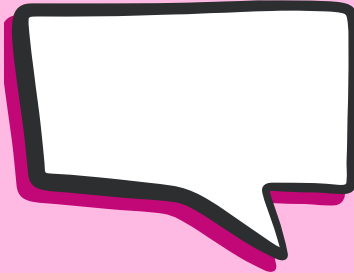
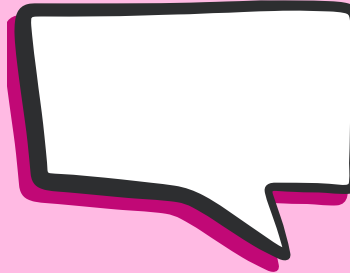
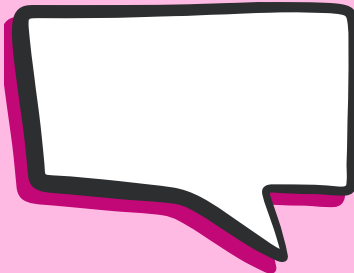
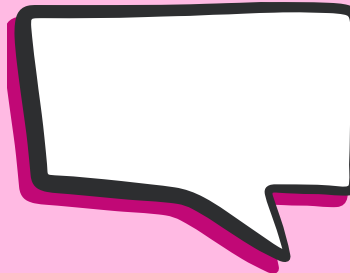
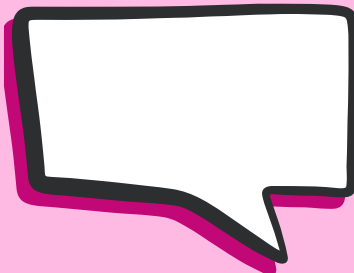
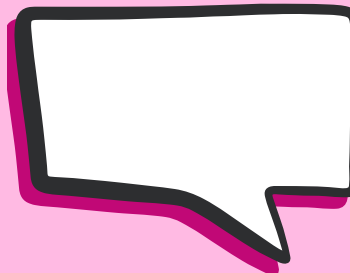


What would make peer support more enjoyable or beneficial for you?



FOR THE YSS

VIBE CHECK

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