

Getting to Know Me

Use this page to think about and share what makes you to feel comfortable and supported in your home.

This template can be used by an individual for self-reflection, or with their support worker, family member, or friend. It can also be used by two people considering living as housemates to learn more about one another.

After you are done answering the questions below, consider if there are any solutions or compromises that might help you feel your best in your home right now.

What supports me at home:

These are things that make you feel calm, safe, and happy.

Example: No noise after 8pm, a clean bathroom, no scents, spending time together

What doesn't work well for me:

These are things that make it difficult to feel good at home.

Example: Unexpected guests, loud noises, messy areas, not having a private space

My "makes or breaks" and non-negotiables:

These are things you absolutely must have, can't live with, or can't compromise on.

Example: Need my cat, no smoking, no parties

Anything else I'd like someone to know about me:
