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**Peer Group Chat**

**Date:** 21.09.23

**Title:** The Place of Pride

**Description:** Pride can be really powerful, but at the same time is sometimes thought of as a bad thing. Join us to unpack the different experiences we may have with pride, and when pride may actually be a good thing.

<b>Amber22 (PSW)</b>	<b>Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about The Place of Pride.</b>
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Amber22 (PSW)	<p>Tonight, Peer Support Workers @amber22 and @TideisTurning will be facilitating a discussion around the topic of The Place of Pride. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it is important to know when to feel pride within our journeys and how to be proud of others too. We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about feeling pride within our journey. @Riverseal, who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (<a href="https://www.sane.org/peer-support/peer-group-chat/chat-faqs">https://www.sane.org/peer-support/peer-group-chat/chat-faqs</a>) or message @Riverseal. We're looking forward to creating a space where we can reflect and learn more together about The Place of Pride.</p>
TideisTurning (PSW)	Hey @Captain24:)
RiverSeal (Mod/PSW)	Welcome @Captain24
Amber22 (PSW)	<p><b>Within this group tonight we'll be talking about:</b></p> <ul style="list-style-type: none"><li>- How pride might be seen/ make us feel</li><li>- How we can use pride within our lives</li><li>- What pride can teach us</li></ul>
Glisten	☺
Amber22 (PSW)	Welcome! @Captain24and @Glistenand @Catz28
Catz28	Evening

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Amber22 (PSW)	Welcome everyone! We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join. In the meantime, feel free to introduce yourselves. I'm @amber22
Captain24	Hi @TideisTurning (PSW)@Amber22 (PSW)@RiverSeal (Mod/PSW)
Amber22 (PSW)	Before we get into tonights discussion, whatself-care would you like to do after this chat? :)
RiverSeal (Mod/PSW)	Hey @Glisten
Amber22 (PSW)	Welcome! @Jacques
Jacques	hello ladies, gentlemen and gender neutral peoples
TideisTurning (PSW)	Hi Everyone & welcome :)
RiverSeal (Mod/PSW)	Welcome @Catz28
Jacques	self care for me will be playing with my mala beads and watching some tv with my partner
Amber22 (PSW)	That sounds lovely :) @Jacques
RiverSeal (Mod/PSW)	Hello @Jacques
Catz28	Self care for me is going too early to bed. Been busy few days
Amber22 (PSW)	I hope you get a good nights sleep tonight! @Catz28
Jacques	hi @RiverSeal (Mod/PSW)im not sure i have met you before, nice to meet you :)
RiverSeal (Mod/PSW)	I'm going to have dinner and watch an episode of a show I'm watching

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Amber22 (PSW)	I'm going to have a nice hot shower :)
Captain24	Probably not much in the way of self care.
Amber22 (PSW)	What's something small that might make you feel good? Maybe giving Pix a cuddle? @Captain24
RiverSeal (Mod/PSW)	@Jacques!ve been around a while but reasonably new to the PGC. Nice to meet you too :)
<b>Amber22 (PSW)</b>	<b>Let's get started with our first question! Q1: What associations do you have with pride?(I.e., when we say 'pride' what comes to mind?)</b>
Glisten	Watch Only Murders in the Building
Amber22 (PSW)	Ooh is that good? I've been meaning to start that on Disney! @Glisten
Captain24	I guess so @Amber22 (PSW) She is sitting on my lap now
Jacques	Q1 pride for me is something i am proud of or something i have accomplished.
Catz28	One aspect of pride for me is being proud of something I've done, similar to feeling of achievement
Glisten	☺
Amber22 (PSW)	Hey! @Snowie
Captain24	I think things that you are proud of or achieved.
RiverSeal (Mod/PSW)	I'm nearly finished TAFE for the year ( 3 weeks to go)
Amber22 (PSW)	Welcome! @Casey
RiverSeal (Mod/PSW)	Welcome @Casey& @Snowie
Jacques	congradulations @RiverSeal (Mod/PSW)what course did you do, i could only get to cert IV in computer network management because i live in a rural town.

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Casey	Hi everyone sorry I am late.. The word pride triggers in my mind 'pride cometh before a fall'
TideisTurning (PSW)	I have a few different connotations with pride, including the celebrations and events honoring the LGBTQIA+ community; the sense of accomplishment you might feel associated with an achievement along with the idea of 'pride' as one of the supposed 'seven deadly sins'. I have a few different connotations with pride, including the celebrations and events honoring the LGBTQIA+ community; the sense of accomplishment you might feel associated with an achievement along with the idea of 'pride' as one of the supposed 'seven deadly sins'.
RiverSeal (Mod/PSW)	I am doing a Diploma of Community Services@Jacques
Jacques	oh nice, i so wish i could have done my diploma @RiverSeal (Mod/PSW).
Casey	RiverSeal, so am I!
RiverSeal (Mod/PSW)	Still time @Jacques if you want to give it a go
Glisten	I did a Degree 20 years ago @ ECU
RiverSeal (Mod/PSW)	I hope you are enjoying it @Casey
Casey	I am enjoying it @RiverSeal (Mod/PSW)
Catz28	For me, pride can have negative aspect through which people boast about things which can lead to putting other people down and disrespecting other people
<b>Amber22 (PSW)</b>	<b>Onto our next question!Q2: What function might pride have?</b>
TideisTurning (PSW)	That's a good point @Catz28. We'll be exploring that kind of thing later in the chat :)

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Casey	Q2: What function might pride have? I guess pride drives me to do better.
Captain24	Being able to a knowledge achievements and strive for more
Amber22 (PSW)	Hey!! @tyme (PSW/ Moderator) So good to see you here
Jacques	Q2 pride for me gives me drive to continue to do my best and to try new things. it also helps with my self worth and self respect.
RiverSeal (Mod/PSW)	Helps me appreciate that I have achieved something worthwhile
Casey	Sometimes stops me from acting in case I make a fool of myself
Amber22 (PSW)	Love that answer :) @Jacques
Catz28	Helps me feel good about things I've done and helps me feel confident, especially when have learnt something knew
TideisTurning (PSW)	For me, pride can serve as a bit of a signal to celebrate, or at the very least, acknowledge an accomplishment or achievement. It's that 'I did good' or 'I did well'. Similar sentiments expressed to others, such as loved ones, can be just as powerful.
Casey	Also, sometimes it makes it hard for me to admit mistakes/flaws or being honest
Captain24	I can see that pride can be a confidence booster. I was just thinking of the things that I'm proud if
TideisTurning (PSW)	That's a super interesting perspective @Casey
<b>Amber22 (PSW)</b>	<b>Time for our next question! Q3: When might we feel pride?</b>
RiverSeal (Mod/PSW)	@Caseythat's an interesting way of looking at it
Amber22 (PSW)	That's so nice! @Captain24, what are you proud of right now?

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Glisten	I came out of a 13 year narcissist relationship. He would 'accidentally' destroy anything I accomplished. Ruined my
Amber22 (PSW)	Welcome! @ch45 :)
RiverSeal (Mod/PSW)	I haven't achieved finishing TAFE but I feel pride already so I guess in advance is ok!
ch45	H all
Captain24	Having my own brand new home, the way I designed it, that I keep going to work even with my MH troubles @Amber22 (PSW)
Jacques	that is quite common @Glistenim so sorry you had to go throug that, you deserve so much better.
Amber22 (PSW)	Yesss!! Go you!! @Captain24
RiverSeal (Mod/PSW)	Welcome @ch45
Amber22 (PSW)	Oh I'm so sorry that happened, that's not fair on you at all @Glisten
Jacques	wow that is amazing @Captain24congrats
Captain24	I feel pride when I do things well.
RiverSeal (Mod/PSW)	Great work @Captain24
Casey	I feel pride when I get things right, or finish something, or about my daughter
Glisten	That is brilliant @Captain24
Amber22 (PSW)	Aw that's lovely! @Casey
TideisTurning (PSW)	Yay @Captain24,@Glisten& @RiverSeal (Mod/PSW). All great achievements well worthy of pride!

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Catz28	I feel pride when look at something I have achieved or completed. Also for making big decision to retire early for my MH
Jacques	Q3 i feel pride mainly when i achieve something i have never done before, expanding my skills.
Casey	Oohh, here's one. I have been sober for 4 months for the first time in nearly 30 years
TideisTurning (PSW)	For me, pride can be a bit of a rarity in relation to myself, but usually shows up alongside feelings of satisfaction or recognition I have done something well. I'm far more likely to feel pride for others, such as in situations where I can recognize they've done well, when they've achieved something, especially if it's something I find challenging, or where they've made progress with something they have identified is or has been harder for them.
Amber22 (PSW)	So proud of you!! @Casey
RiverSeal (Mod/PSW)	@Catz28Sounds like you made a good decision to look after your MH
Captain24	Well done @Casey
Jacques	that is so awesome @Casey
Casey	Thanks! I can't quite believe I'm doing it! But I am proud of myself.
<b>Amber22 (PSW)</b>	<b>Onto our fourth question now -Q4: What might pride teach us?</b>
RiverSeal (Mod/PSW)	That it's good to keep working towards your goals
Catz28	@RiverSeal (Mod/PSW) walked away from toxic work environment. But scary at first but best decision I made in 2022
TideisTurning (PSW)	Everyone deserves these



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Captain24	Pride can show me that there is some good in my extremely dark life.
Glisten	@TideisTurning (PSW)I'm much the same
Jacques	Q4 for me teaches me i am worthy and that i have a place in this world. it teaches me that even though i feel like i don't belong i have achieved something.
Amber22 (PSW)	Aw that's so nice! @JacquesYou definitely are worthy!
Catz28	Pride helps me accept who I am and that there are things I can be proud about and contribute to the community
Jacques	thank you @Amber22 (PSW)
Casey	I like that one @Catz28.. about accepting self
TideisTurning (PSW)	@Catz28, what you've just said there beautifully sums up what, to me, pride should be all about :) <3
Casey	I think pride teaches me humility when my pride is misplaced
<b>Amber22 (PSW)</b>	<b>Now for our next question! Q5: When might pride be seen as a bad thing? Why?</b>
Captain24	When people take it to far and come across as boasting or putting others down for not achieving the same
Casey	I am 50, so I am of the generation where i was taught that self pride is conceited
Catz28	@Captain24 I was thinking something very similar
ch45	Q5: when it moves from sense of satisfaction for some thing to feeling better than someone else
Captain24	Also when people take pride in things that are negative. Eg my brother takes pride in being nasty
Amber22 (PSW)	Oh yes that's a good one, when other's use it to put people down it can be really hurtful @Captain24

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RiverSeal (Mod/PSW)	If you don't get to do something or you mess up and it affects you negatively because you don't feel pride
Amber22 (PSW)	Ah I see, do you think that has changed for you? Do you view pride differently now? @Casey
RiverSeal (Mod/PSW)	@Captain24sure
Captain24	I get that @Caseyit can come across as cocky
Jacques	Q5 for me pride and confidence for me can be a bad thing because i can become comfortable with dangerous tools and i have had a few close calls and it can bring me back to earth quickly, i guess it can make some people arrogant too.
Casey	@Amber22 (PSW)slowly, slowly I am beginning to be proud of myself and see it as healthy
Amber22 (PSW)	That's really good, slow and steady! @Casey
TideisTurning (PSW)	Ooh. I like your point about that 'better than' attitude @ch45
Glisten	Same @Casey
<b>Amber22 (PSW)</b>	<b>Onto our second last question for the evening - Q6: What are the benefits of pride?</b>
RiverSeal (Mod/PSW)	Feels good!
Casey	6: What are the benefits of pride? Boost to morale/self esteem
Casey	Is it a dopamine trigger?
Captain24	To be able to see achievements and to allow yourself to feel good about something. Give yourself a little confidence boost especially in a time when my confidence is at an all time low

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Jacques	the benefits of pride is self worth, self esteem, achievement, accomplishment, confidence, and it can help with pushing myself to do better next time.
TideisTurning (PSW)	Could be @Casey. I'm not 100% sure
Glisten	Accomplishment skills confidence
Catz28	Helps with striving to learn extend knowledge, increases confidence and self esteem.
Glisten	@Casey you can get a dopamine hit from negative attention. People with ADHD don't produce enough dopamine
Catz28	Gives me that 'nice warm feeling' of having achieved something, even if is something small
Casey	@Glisten I haven't heard about that. Interesting
TideisTurning (PSW)	@Glisten, may I ask what you mean by 'negative attention'?
Glisten	@TideisTurning (PSW) Can I have an argument please (Monty Python) still dopamine
<b>Amber22 (PSW)</b>	<b>And now for our last question of the night -Q7: How could we purposefully use pride within our lives?</b>
Glisten	@Casey 3 generations of ADHD in my family
Captain24	To find good things within yourself at a time when you are really struggling. To try and boost yourself and show that you are worthy of being here.
Casey	@Glisten wow

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Jacques	i use pride to push me to keep going when i don't want to, some days are so hard and i use it to just get me through the next hour, day, week. it helps give me a purpose when i don't really have one.
RiverSeal (Mod/PSW)	Aim to feel pride by reflecting on how things go in life and continually improvement
Casey	Q7: How could we purposefully use pride within our lives? Reflect on what has made you proud in the past and try to recreate it. Also when I am struggling with motivation, I sometimes tell myself to make myself proud, or make my daughter proud.
Amber22 (PSW)	That is such a good one!! @Casey
Amber22 (PSW)	Next weeks Peer Group Chat is on motivation :) @Casey
Captain24	Bugger @Amber22 (PSW)I'll be working.
Casey	@Amber22 (PSW)oh yay. I struggle with this
TideisTurning (PSW)	"Reflect on what has made you proud in the past and try to recreate it"- love this @Casey!
Glisten	Motivation! I'll be chat with you from the West Coast next week
Amber22 (PSW)	Oooh cool! @Glisten:)
TideisTurning (PSW)	You can join discussion on Forums after @Captain24:)
Glisten	@Amber22 (PSW) I can't wait to get home 😊
Captain24	I will @TideisTurning (PSW). It's something that a really struggle witj
ch45	@TideisTurning (PSW)Hi, how do you join (afterwards) on the general forums?
Amber22 (PSW)	@TideisTurning will tag you! @ch45 :)

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ch45	Thx, 'casue I've come in late a few times and could not join
<b>Amber22 (PSW)</b>	<b>Q: Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?</b>
Catz28	Reflecting on things I've done that have made me feel happy and given me joy. Sharing with friends/family small details of something done ie friend recently shared with me details of tree she had planted and have saved. Could hear in her voice she felt pride in her achievement and helped my acknowledge what she had done
Jacques	yes i learned that we all view pride in a similar way and that pride is not something mental, but it can cause physical effects too, ie dopamine and that in the end we all want to be recognised for our achievements.
Captain24	I've learnt that taking pride in ourselves can help be helpful to ourselves. But also I have learnt that I actually do have pride in things in my life. This has highlighted some for me. It's been quite fulfilling
RiverSeal (Mod/PSW)	I've learned that everyone has a unique way of feeling pride and they are all really good
Casey	Good reminders to acknowledge good things about me
ch45	I just needed to read something positive. Thanks all
Glisten	@RiverSeal (Mod/PSW) I like that a lot
Catz28	Have learnt that taking pride in my achievements is a positive thing and helps build by confidence and opinion of myself

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Amber22 (PSW)	<p>Here are some further resources we recommend having a look at:</p> <p>1 The Importance of Being Proud: <a href="https://www.youtube.com/watch?v=JUIND8yFgmc">https://www.youtube.com/watch?v=JUIND8yFgmc</a></p> <p>2 Why ‚Äòpride’ is called pride- <a href="https://www.bustle.com/articles/167359-why-is-it-called-pride-heres-why-the-name-of-junes-lgbtq-festivities-is-significant">https://www.bustle.com/articles/167359-why-is-it-called-pride-heres-why-the-name-of-junes-lgbtq-festivities-is-significant</a></p> <p>3 The Power of Pride: <a href="https://www.youtube.com/watch?v=RgtoZ2ue05w">https://www.youtube.com/watch?v=RgtoZ2ue05w</a></p>
Jacques	<p>thank you for the wonderful discussion tonight @Amber22 (PSW)@RiverSeal (Mod/PSW)@TideisTurning (PSW)i really appreciate your time and effort every week. good night everyone. hugs to all</p>
Captain24	<p>Thank you so much for tonight. It was uplifting especially when I needed it today.</p>
Snowie	<p>sorry i havent talked tonight but thanks for the chat</p>
Amber22 (PSW)	<p>Aww! Thank you for coming everyone :) It's been a great discussion tonight!</p>
Amber22 (PSW)	<p><b>Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like here:</b></p> <p><a href="https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-The-Place-of-Pride-Thursday-21st-September-2023/mp/1339162#M346929">https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-The-Place-of-Pride-Thursday-21st-September-2023/mp/1339162#M346929</a></p> <p><b>Keep an eye out for the next Peer Group Chat discussion about ‘Move with Motivation.’</b></p>
RiverSeal (Mod/PSW)	<p>Thank you everyone :)</p>
Casey	<p>Thanks all for my very first peer group chat!</p>
RiverSeal (Mod/PSW)	<p>Lovely to have you @Casey</p>

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TideisTurning (PSW)	Thanks so much everyone for your contributions to making this space tonight. Take care & hope to see you next time!
Catz28	Thankyou @TideisTurning (PSW)@RiverSeal (Mod/PSW)@Amber22 (PSW)for tonight
Amber22 (PSW)	We are closing the room shortly :)