

QUEER APOCALYPSE SOLUTIONS

Queer Apocalypse Survival Skill #1: FIND AN APOCALYPSE BUDDY

What is an apocalypse buddy?

An apocalypse buddy is one who shares the same or a similar apocalypse as you, and who is invested in helping you thrive. The purpose of this tool is to be able to share your wins, commitments to action, plans, progress, obstacles, and journey with another person who understands.

The apocalypse buddy is not someone to dump all of your shit onto, but to touch base on what's going on, to clear away that which blocks you, and to help encourage and celebrate you becoming your best self.

How do I find an apocalypse buddy?

It's likely that once the words "apocalypse buddy" came into your consciousness, you pictured the person who you hope will become this person.

Ideally, this is not a romantic partner, but someone who is part one of your networks.

If no one comes to mind or your apocalypse is something that you do not want to share with a friend or someone in your preexisting networks, we suggest finding a group of people (virtually or in person) who connect around this issue and then reaching out to them. For example, Lindsay couldn't find anyone who helped with nutrition and diabetes for the longest time without being forced to shovel meat in her mouth. Then, one day, a group appeared (Mastering Diabetes) which helped her to overcome a lot of the apocalyptic thinking around insulin-dependent diabetes. Some suggestions of where to look: the Internet, spiritual centers, rehabilitation centers, gyms, coffee shops, spas, music venues, book stores, women's health clinics...

How should an apocalypse buddy call go?

First, set a time, once a week or more, to connect, and stick to this time. While some people favor professionals, and this is important, we at Q.A.S. suggest finding a civilian who shares a similar apocalypse with you. **Personal experience is expertise.**

The check ins can take place in person or via phone or video chat and, to start, can follow the format below. Choose someone to go first, and that person will answer all of the questions before offering comfort or feedback. Ask your partner before giving unsolicited feedback, and NEVER GIVE ADVICE, but do offer experience if you have overcome a similar issue. Use empathetic listening methods to ensure the person sharing knows that they are heard.

Here are the questions to ask:

1. What are your challenges this week?

2. What is one thing that you need to discuss that would help overcome one of these challenges?
3. Congratulate yourself on the best self-care practice you engaged in last week.
4. What has been giving you joy this week?
5. Is there a way to continue, transform, or enlarge this joy practice next week?
6. What is one thing I can do take the best care of myself this week upcoming?