Belonging without losing yourself

Reflection and understanding | 1 of 2

Reflect on what your style, community and way of life mean to you.

Name or initials (optional): _____ Date: _____

1. Which parts of alternative culture or identity feel personally meaningful?

2. Where do I feel welcomed? Where do I feel I must change myself to be accepted?

3. How have other people's assumptions affected me? What would I like them to understand?

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Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What boundaries help me protect my time, energy and self-expression?

5. Which people, communities or organisations could offer practical support or connection?

6. What is one way to make more room for my own values this week?

My next step / support I can ask for / date to review: