Rebuilding choice and support

Reflection and understanding | 1 of 2

Use only if it is safe to keep a written record. You need not confront anyone or share these answers.

Name or initials (optional): _____ Date: _____

1. Which choices feel freely yours? Which feel restricted by another person's reactions?

2. What access do you have to trusted people, money, transport, devices and personal documents?

3. What has helped you trust your own perceptions? What would you like a supporter to understand?

Rebuilding choice and support

Choices and next steps | 2 of 2

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

4. Which support organisation or trusted person could you contact in a way that feels safe?

5. What practical help would increase your options? Let a specialist help with safety planning if needed.

6. Where, if anywhere, could these notes be kept safely? Leaving this worksheet blank is also a choice.

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