Interests, meaning and self-understanding

Reflection and understanding | 1 of 2

Explore your experience at your own pace without assuming an interest is a problem.

Name or initials (optional): _____ Date: _____

1. What does this interest mean to me? What feelings, associations or comfort does it bring?

2. How important is it in my life and relationships? Is that balance how I want it to be?

3. If I feel distress, what seems to contribute: the interest, secrecy, judgement, conflict or something else?

Interests, meaning and self-understanding

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 would I want a partner to understand, and what am I not ready to share?

5. What boundaries, privacy needs or practical considerations matter to me?

6. What would greater understanding or acceptance look like in daily life?

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