Community, boundaries and belonging

Reflection and understanding | 1 of 2

You do not have to record identifying details or revisit an upsetting incident to use this sheet.

Name or initials (optional): _____ Date: _____

1. What do I value about community, and what do I need from it now?

2. Which interactions leave me supported? Which leave me pressured, excluded or uncertain?

3. What boundary do I want to clarify around contact, privacy, participation or volunteering?

Community, boundaries and belonging

Choices and next steps | 2 of 2

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

4. Who can offer support without requiring me to take a particular side or disclose more than I want?

5. What options do I have: a conversation, distance, a different space or specialist support?

6. What next step protects my wellbeing while leaving me room to reconsider?

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