Identity, belonging and support

Reflection and understanding | 1 of 2

Your identity does not need to be proved by a test. Use the language that fits you, or leave labels open.

Name or initials (optional): _____ Date: _____

1. What words, expressions or relationships feel comfortable to me at present?

2. Where can I be myself with least effort? What makes those spaces supportive?

3. Where do I feel pressure to hide, explain or perform an identity? What does that cost me?

Identity, belonging 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. What choices about disclosure belong to me? Who, if anyone, would I like support from?

5. What would respectful care and communication look like for me?

6. What small step could strengthen belonging, self-expression or practical support?

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