

# Reflective Worksheet 1

## Coming Out

Coming out is a deeply personal journey, and it can bring a mix of relief, fear, pride and uncertainty. This worksheet offers a gentle space to explore how your coming-out experiences may have shaped your emotions, coping strategies and relationship with gambling. Take your time, move at your own pace, and approach each reflection with compassion. If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



### Emotions

What emotions come up for you when you think about coming out?

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### Coping

How have these emotions influenced your coping strategies, including gambling?

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### Safety

What situations make coming out feel more stressful or unsafe for you?

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### Grounded

What helps you feel grounded or affirmed in your identity?

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### Goal

Name one safe goal toward authenticity you have

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### Techniques

If urges arise, what grounding techniques could support you?

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