

Reflective Worksheet 12

Mindfulness

Mindfulness helps you stay present, reduce overwhelm and reconnect with your values. For LGBTQ+ people navigating stress, stigma or identity pressure, mindfulness can be a powerful tool for grounding and recovery.

If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



Feeling

When do you feel most disconnected from the present moment?



Urges

How does mindfulness affect your urges or emotional intensity?



Identity

What identity-related stressors pull you out of the present?



Safety

What mindful activities help you feel safe or affirmed?



Support

How could mindfulness support you during difficult conversations?



Goal

What small mindful moment could you add to your day?
