

Reflective Worksheet 13

Gratitude

Gratitude doesn't ignore hardship; it helps balance it. For LGBTQ+ people who've faced discrimination or rejection, gratitude can reconnect you with resilience, community and moments of joy. This worksheet helps you explore gratitude as part of recovery.

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



Safety

What small moments of safety or affirmation have you experienced recently?



Feeling

Who in your life makes you feel seen or valued?



Identity

What aspects of your identity bring you pride or strength?



Goal

What progress have you made in your recovery, however small?



Grounded

What brings you comfort, joy or grounding?



Taking Action

What are three things you're grateful for today?
