

Reflective Worksheet 17

Volunteering

Volunteering can build connection, purpose and community, especially for LGBTQ+ people seeking belonging or affirmation. This worksheet helps you explore how volunteering might support your recovery and identity.

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



Meaning

What causes, charities, or communities matter to you?



Connection

How might volunteering help you feel more connected or valued?



Impact

What skills or strengths could you offer to a volunteer placement?



Safety

What LGBTQ+-affirming spaces would feel safe to volunteer in?



Goal

How could volunteering support your personal recovery goals?



Goal

What is one small step you could take toward exploring opportunities?
