

Reflective Worksheet 18

Workplace Discrimination

Self-care is more than pampering, it's about meeting your emotional, physical and identity-related needs with compassion. This worksheet helps you explore what self-care looks like for you as an LGBTQ+ person in recovery.

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



Meaning

What does self-care mean to you personally? How would you define this?



Safety

What helps you feel safe, affirmed or grounded when thinking about self-care?



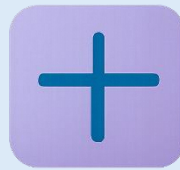
Identity

What identity-related self-care needs do you often overlook?



Support

What self-care practices do you do to support your recovery?



Boundary

What boundaries do you have in place, to help protect your wellbeing?



Goal

What is one act of self-care you can commit to completing this week?
