

Reflective Worksheet 2

LGBTQ+ Experiences

LGBTQ+ lives are shaped by unique pressures, joys and challenges. This worksheet invites you to reflect on how different parts of your identity journey, from affirmation to discrimination, may influence your wellbeing and gambling behaviour. There is no right or wrong way to explore these questions; they are here to help you understand your story with clarity and kindness. If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



Identity

Which parts of your identity journey feel most connected to your gambling behaviour?



Pressure

What pressures or experiences feel most relevant to you right now?



Body

How do these pressures show up in your body? (e.g., tension, numbness, restlessness)



Emotions

What emotions do you tend to avoid or soothe through gambling?



Coping

What alternative coping strategies feel realistic and compassionate for you?



Safety

What would "safety" look like for you today – emotionally, socially or physically?
