

# Reflective Worksheet 3

## Stigma

Stigma, whether subtle or overt, can leave lasting emotional marks. This worksheet provides a safe space to explore how stigma affects your sense of self, your coping strategies and your relationship with gambling. Use these reflections to honour your experiences and reconnect with your strength and worth. If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



**Stigma**

What forms of stigma have you experienced recently (subtle or overt)?

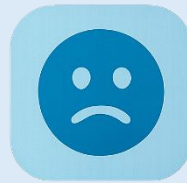
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**Mood**

How did these experiences affect your mood, confidence or sense of belonging?

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**Urges**

When you feel stigma, what thoughts or urges tend to follow?

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**Connection**

What helps you reconnect with pride or self-worth after a difficult moment?

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**Support**

Who or what helps you feel affirmed in your identity? (Family, Friends, Chosen etc)

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**Boundary**

What is one boundary you could set to protect your wellbeing?

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