

Reflective Worksheet 4

Discrimination

Experiences of discrimination can be painful, exhausting and deeply destabilising. This worksheet is designed to help you gently explore how these experiences have shaped your emotions, your sense of safety and your coping patterns, including gambling. Move through the questions at a pace that feels right for you and treat yourself with care as you reflect. If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



Discrimination

What experiences of discrimination have stayed with you?



Coping

How have these experiences shaped your emotions or coping strategies?



Safety

What situations make you feel most unsafe or invalidated? (How did you become safe?)



Grounded

What helps you feel grounded after a discriminatory experience?



Support

What support – personal, community or professional – feels accessible to you?



Healing

What would healing look like for you when exploring your past experiences?
