

# Reflective Worksheet 6

## Identity Concealment

Hiding or suppressing parts of your identity can be emotionally draining and can shape how you cope with stress. This worksheet invites you to reflect on the impact of identity concealment in your life, and how it may relate to gambling. Approach these questions gently, honouring the reasons you've had to protect yourself. If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



### Feeling

What parts of your identity do you feel you need to hide, and in which spaces?

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### Emotions

How does concealment affect your emotions, energy or sense of self?

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### Coping

When concealment feels heavy, what urges or coping strategies arise?

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### Safety

What small, safe moments of authenticity feel possible for you?

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### Connection

What helps you feel affirmed or connected to your identity or self?

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### Boundary

What boundary could help reduce the pressure to hide or conceal?

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