

Challenging Internalised Stigma

Negative social messages can become internalised over time. They are learned messages — they do not define your worth.

What negative messages have I heard about LGBTQ+ people?

Have any of these messages affected how I see myself?

Where did these beliefs come from?

Would I apply the same belief to someone I cared about?

What evidence challenges this message?

What affirming message would I rather carry?

Who or what helps me challenge shame?

One belief I am ready to question is...