

My Identity, My Way

A gentle space to explore identity in your own words, at your own pace. You do not owe anyone a label or explanation.

How would I describe myself today, if I want to?

Which parts of my identity feel important to me?

Which words or labels feel comfortable?

Where do I feel most able to be myself?

Where do I feel I have to hide or edit myself?

What helps me feel affirmed?

What do I wish others understood?

One thing I want to honour about myself is...