The Space We Make:

Belonging or Fitting in?

A Self-Reflection Tool

How To Use This Tool

Reflect on a circle you're in most often, like friends, family, work, your community or online spaces. **Check** the statements that sound like you in both lists to see whether you're belonging, fitting in, or a bit of both. Then make **one small commitment** to help you stay authentic.



Fitting In

What do I need to do to be accepted?

- [ ] I filter what I say.
- [ ] I carefully manage how others see me.
- [ ] I avoid discussing certain parts of my life.
- [ ] I change myself to match the group or situation.
- [ ] I worry about being judged if I am honest.
- [ ] Being here can feel exhausting.
- [ ] I feel like I am wearing a mask.



Belonging

Can I be myself here?

- [ ] I can speak honestly.
- [ ] I feel accepted as I am.
- [ ] I can share what is important to me.
- [ ] I contribute my unique perspective.
- [ ] I can ask for help when I need it.
- [ ] Being here feels energizing.
- [ ] I don't need to hide parts of myself to feel accepted.

Ask Yourself

- What signals have helped you feel safe, accepted, and valued?
- How can you create those same signals for others?
- What's one small commitment you can make toward greater authenticity?

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If you are in distress or supporting someone in distress, call or text 9-8-8 at anytime. If it is an emergency, call 9-1-1 or go to your local emergency department.