

HOW DO YOU DEAF? – MY REFLECTION WORKSHEET

✨ So, you've finished How Do You Deaf? ✨

This is your space to pause and reflect on everything you've explored. There are no right or wrong answers here – just your honest thoughts and feelings. Take your time, find a quiet moment, and complete these gentle prompts in your own way. Remember, this is about your journey and your truth. Because how you deaf... is always up to you.

QUESTION 1

What did I discover about myself while reading this book?

QUESTION 2

What are the different parts of me that showed up while reading?



MY SAFE SPACE

Where do I feel most myself?



FAVOURITE PROMPT

Which journal prompt in the book helped me the most? Why?

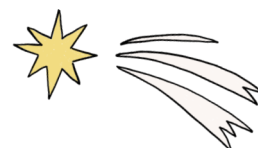
PERSONAL MESSAGE

What is one message from this book that I want to remember forever?



CONFIDENCE CHECK-IN

How confident do I feel about being deaf and being myself right now?



NOTE FROM THE AUTHOR

Thank you for taking the time to fill out this worksheet. I hope it's helped you think about who you are and how you deaf — in your own way.

Remember, there's no right way to be deaf.

Your deafness is part of you, but it's not all of you.

Keep finding your voice, keep learning what feels right for you, and keep showing up as the real you — unapologetically.

I'm so proud of you for being here.

With love,

Kerry

