


Reconnecting With Myself

You are allowed to take up space, exactly as you are.




A gentle worksheet for rediscovering who you are beneath the masking.

This is a space to gently explore, notice and rediscover the parts of you that may have been hidden, ignored or pushed aside for a long time.

There is no rush and no right or wrong answers.

♥ You are not becoming someone new. You are coming home to yourself. ♥



1 THINGS THAT FEEL COMFORTABLE TO ME

What makes me feel at ease, calm or safe? (Environments, clothes, foods, routines, sounds, textures, sensory supports...)

-  Environments _____
-  Clothes _____
-  Foods & Drinks _____
-  Routines _____
-  Sounds _____
-  Textures / Touch _____
-  Sensory Supports _____
-  Other _____



2 THINGS I USED TO HIDE ABOUT MYSELF


What parts of me did I hide, change or suppress to fit in, stay safe or meet expectations? (It's okay if nothing comes to mind right now.)

You did what you needed to do to survive. You are not alone.

3 THINGS THAT HELP ME FEEL MORE LIKE "ME"

What brings me joy, comfort or a sense of being myself? What makes me feel most authentically me?

- ♥ Interests / Special interests _____
- ♥ Hobbies / Creative activities _____
- ♥ People / Relationships _____
- ♥ Movement / Being active _____
- ♥ Rest / Downtime _____
- ♥ Humour / Fun things _____
- ♥ Other _____



4 THINGS I'M STILL FIGURING OUT

It's okay not to know yet. These are parts of me I'm still exploring or learning about.


- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Curiosity is kinder than pressure.

5 THINGS I WANT TO GIVE MYSELF PERMISSION TO DO

What would help me feel more free, comfortable and like myself? What do I want to allow myself?

- ♥ I want to give myself permission to _____
- ♥ I want to give myself permission to _____
- ♥ I want to give myself permission to _____
- ♥ I want to give myself permission to _____
- ♥ I want to give myself permission to _____
- ♥ I want to give myself permission to _____



6 A KIND NOTE TO MYSELF

What would I say to a good friend who is on this journey? Now say those kind words to yourself.





GENTLE REMINDERS

- ♥ You do not need to rush.
- ♥ There is no timeline for self-discovery.
- ♥ You are allowed to change your mind.
- ♥ You are allowed to rest.

You are not too much. You have always been enough.

- ♥ You are allowed to take up space.
- ♥ You are allowed to be exactly yourself.
- ♥ You are doing your best.
- ♥ You are allowed to become more you.



♥ You are not losing yourself. You are finding your way home. You are allowed to be you. ♥