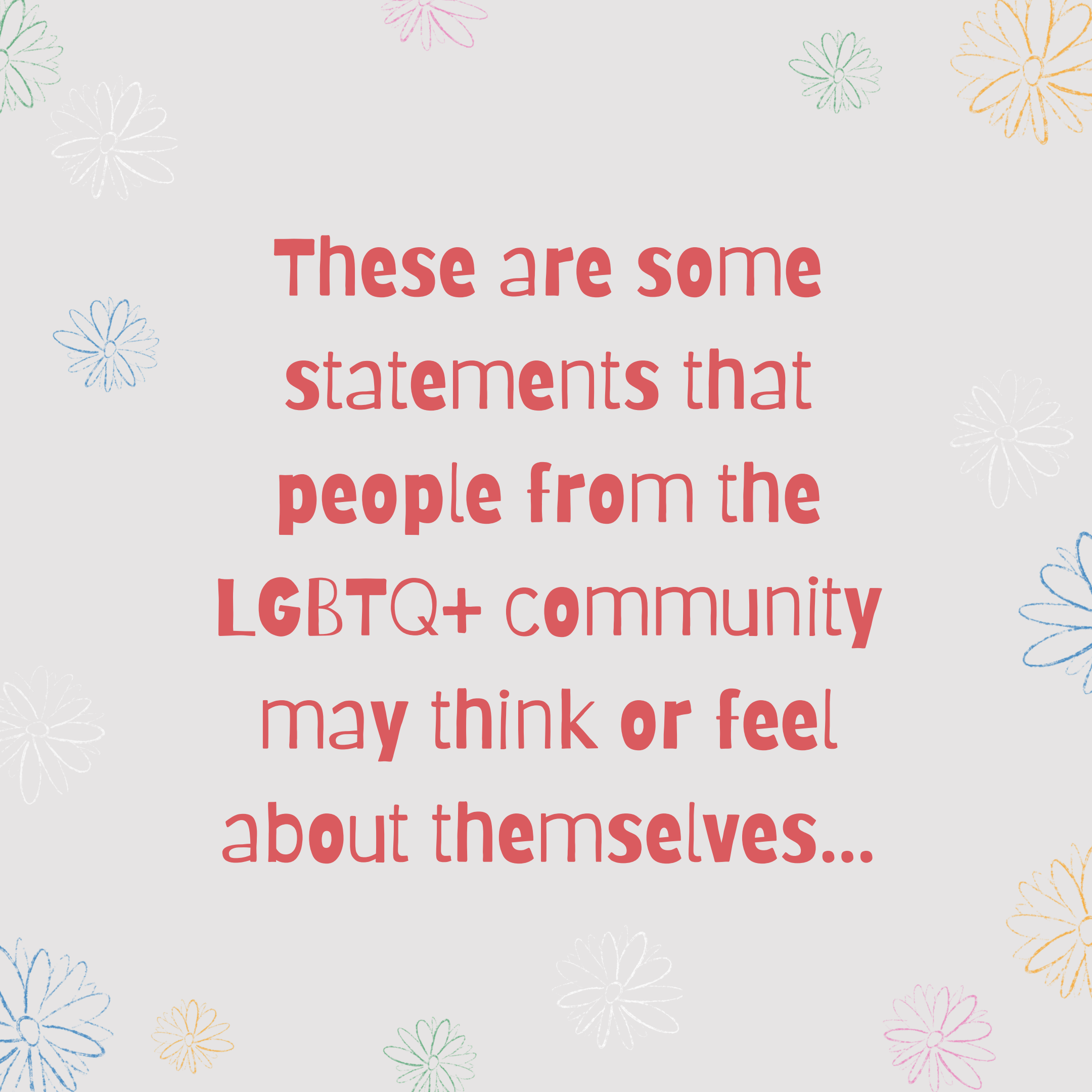


SELF-CHECK



How do I see myself?



**These are some
statements that
people from the
LGBTQ+ community
may think or feel
about themselves...**



Feeling embarrassed, ashamed, inferior, or disappointed in yourself for being LGBTQ+

C



Thinking that being LGBTQ+ has possibly ruined your life

H



Having thoughts that you may be a potential embarrassment to the people around you, such as your family

E



Believing that others would not want a relationship or friendship with you

C



Trying to change your behaviors and self-expression to change or hide who you are

K



Worrying about being perceived as a member of the LGBTQ+ community





Worrying that being LGBTQ+ will prevent you from having a successful career or happy relationship

C



Overcompensating for being LGBTQ+

For example: You excel in your studies to “make up” for being gay.

H



Feeling like you’ll never be accepted or loved wholly by anyone because of your gender

E




Fighting against or choosing not to accept your gender

C

K

If **you** knew that **others**, like **you**, may **feel** or think about **themselves** in **these** ways, what **would** **you** want to **say** or **do** to **comfort** them? **Write** it **below** the statements.



Here are some other ways that people from the LGBTQ+ community may think about themselves...

I am good at something.

I have a place in this
world.

I am worthy of love.

I am enough just as I am.

There is kindness in me.

I am allowed to be happy.

Remember, your gender is not wrong or bad. You are valued and deserving of love and respect. It is difficult and painful to feel stigma towards one's self, but we have the ability to choose a more loving way to see ourselves.



RAINBOW FUND

THE PROJECT

