

Write in Your Own Voice

Teens and supportive adults | Teens 13+ | 10 to 15 minutes

Explore identity and support through questions the teen can choose or skip.

You can answer one prompt, draw, make a list, or leave a question blank. This page is not a test of insight or honesty. Choose a way to reflect that feels useful and safe, and decide whether you want to share any part.

Make room for more than one part of you

You may act differently at home, at school, online, or with friends. Some differences reflect choice; others reflect pressure or safety. Notice what matters to you without deciding that one situation tells the whole story.

Include your surroundings

Think about the people, rules, opportunities, and expectations that affect your choices. Your experience is shaped by more than motivation. It is okay to want practical changes as well as personal coping tools.

End with a choice

Select one thought to keep, one question to bring to therapy, or one person who could support you. If writing could be read by someone unsafe, choose a private conversation or another method instead.

When do I feel most like myself?

What do people misunderstand about what I am dealing with?

What matters to me even when other people do not notice?

What support or small change would make this week easier?