

Writing About Who I Am Becoming

Identity values and self compassion | Adults | 10 minutes

Reflect on identity, values, and connection without requiring a fixed definition of yourself.

Choose one prompt that interests you. Write in ordinary language, draw, or speak your response. You can describe uncertainty and contradiction. Identity can include familiar parts and developing parts; this page does not ask you to settle every question.

Notice what matters in real moments

Recall a recent moment when you felt more like yourself, or when an important part of you felt hidden. What were you doing, who was present, and what made the situation easier or harder? Let the details guide the reflection rather than searching for a perfect label.

Choose what stays private

You decide which reflections to share and with whom. Finish by choosing one small way to honor a value or need. If a prompt raises conflict or risk in a relationship, discuss safe options with a trusted support before acting on it.

A moment when I felt able to be myself was

A message about who I should be that I want to examine is

A community or relationship where I want mutual respect looks like

One quality I want to bring into my next choice is