

Ubuntu: community care with choice | Understand

Shared Humanity, Room for Choice

Adults | 5 to 8 minutes | Handout

Consider an optional relational lens for belonging without giving up personal limits.

More Than Therapy uses "I am because we are" as an invitation to consider connection. Ubuntu has Southern African roots and diverse interpretations; this pack draws on Desmond Tutu's reflection on interdependence and dignity.

How to use this page

Choose whether this lens fits your own values and experience. You can use different words, discuss another tradition, or skip the framework and focus on one practical support need.

Connection can take different forms

Community might include chosen family, neighbors, a cultural group, a peer network, a faith community, or people who share an interest. It can also include spaces you are still looking for. You do not have to describe every relationship as supportive or feel grateful for harm.

Care includes receiving

You can ask for help without first earning it through giving. Contribution can be small, irregular, or unavailable during a hard period. A community connection should leave room for rest, privacy, access needs, and changing capacity.

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Choice remains part of belonging

An invitation allows a no. You are not required to disclose, forgive, reconcile, volunteer, or return to an unsafe relationship. Use this pack to explore a connection that respects your dignity and the dignity of others, rather than to meet a standard of being a good community member.

1. A form of connection I value, or a condition I need to feel welcome

Facilitator notes and adaptation

This is an original educational application, not a definitive account of Ubuntu or a validated therapy. Avoid romanticizing community or overlooking exclusion and discrimination.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PB08 | Desmond Tutu; foreword published by Amnesty International USA | Archbishop Desmond Tutu on Dignity

<https://www.amnestyusa.org/blog/archbishop-desmond-tutu-on-dignity/>

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PB09 | World Health Organization | Guidance on Community Mental Health Services: Promoting Person-Centred and Rights-Based Approaches

<https://www.who.int/publications/i/item/9789240025707>