

Ubuntu: community care with choice | Review

Did This Connection Make Room for Me?

Adults | 5 to 10 minutes | Worksheet

Reflect on the quality of an invitation or interaction without measuring belonging by attendance.

Choose one community interaction, invitation, or decision not to participate. Your response can be mixed. Feeling connected in one moment does not require feeling comfortable with every part of a group.

How to use this page

Review choice, access, and capacity. You can answer privately or use a fictional situation with a group. Leave out identifying details.

Notice choice

Were you able to ask questions, pass, leave, receive help, or decline an offer? Did you feel pushed to disclose or repay support? Name one moment that helps you understand the difference. An uncomfortable experience can reveal a condition that needs to change.

Notice access and effort

Consider what made joining possible and what remained difficult. Cost, transport, language, sensory demands, and other barriers are part of the experience. If you did not attend, the barrier itself can be the focus of the review.

PK09-06 | continued

Choose your relationship to the space

You may return, ask for a change, try another setting, take a break, or seek support elsewhere. If giving more would exhaust you, that matters. A useful next step should make room for your dignity and needs, not only the group's wishes.

1. A moment that showed whether my choices were respected

2. What helped or blocked access, including the effort involved

3. What I want to keep, change, ask for, or step away from

PK09-06 | continued**Facilitator notes and adaptation**

Do not infer attachment, motivation, or social skills from attendance. Validate experiences of exclusion and support the person's preferred level of involvement.

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/>

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>