

BELONGING WORKSHEET

1. What groups (friends, family, coworkers, etc.) do you believe you belong to right now?
Why?

2. What group(s) do you want to belong to but don't believe you do? List the reasons you don't believe you belong (fit in) and why you think you'll be rejected/excluded.



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3. What beliefs do you have about each group that creates your desire to be part of it?

4. For each group you listed above, what's the worst thing that could happen if these groups rejected you for any reason?



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5. What would it mean to you to be accepted by each of these groups? Whose acceptance do you most wish to have (group or individual)?

6. Name all the feelings you believe/think you will have when/if you belong to the group, you have named above?



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7. What is it that keeps each person, including you, part of a group even when they are no longer physically together or don't see each other at all or often?

8. What are some thoughts you can think right now that can create a feeling of being connected or accepted by a group, an individual, or yourself?

