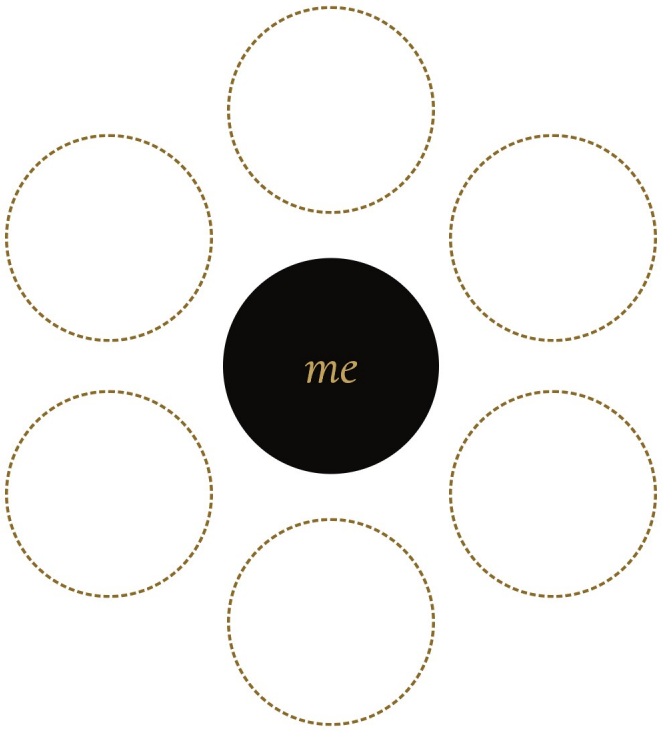
My Layers

Mapping the parts of me that shape how I'm seen, and where I can rest

Write one part of who you are in each circle. For example: neurotype, race, culture, gender, sexuality, faith, language, class, body or age. Leave any circle empty.



Which layers do people see first?

Which layers get missed or misread?

Where do I mask or code-switch, and what does it cost me?

Where do I feel most fully myself?

Naming one need

Pick one place you'd like more of that "fully myself" feeling.

When I _____

I think _____

I feel _____

I want / need _____

I will _____

"When I" = what you notice through your senses: what you see, hear or feel in your body.