Journal Prompts

When looking back on your experiences with **belonging**, you may see how your history continues to manifest in your present reality. The prompts below are designed to help you explore different facets of life where a sense of **belonging** is either present or absent, guiding you to ask ...

How do my feelings of **belonging** show up - when it comes to People, Places, and Things?

People

What People bring in feelings of **belonging**?

When considering people and **belonging** - you might immediately think of family and friends - those who you see or talk to every day (whether virtually or in person.)

When I think of these humans - am I able to identify a sense of **belonging**?

Is **belonging** linked to how I perceive others - or how I believe others perceive me?

People to consider:

Relationships: Family (siblings, cousins, parents, aunts, uncles, grandparents), romantic partners, friendships, co-workers, business colleagues. What relationships bring in feelings of **belonging**?

Work/Academics: How do I describe **belonging** with colleagues/people within my academic field/workplace?

Community, Groups, and/or Teams (sports, neighborhood community groups, music,

theatre, art, 12 step groups, therapy groups, book clubs, meetups, church community): How do I describe **belonging** within groups?

Places

What Places bring in feelings of **belonging?**

When thinking about towns, cities, homes, rooms, and various locations - do these places bring feelings of **belonging**?

Places to consider:

- Work/school
- “Home”
- Places of spiritual/religious practice in a community setting (churches, synagogues, mosques, temples)
- Locations including: camps, nature, cities and towns - places of business: bars, stores, restaurants, gyms, community gathering places, music venues

Things

What *things* bring in feelings of **belonging**?

Considering ownership, identity of self and others, and the concept of *things* - How do *things* connect with **belonging**?

What *things* represent **belonging?** And what *things* counter the concept of **belonging**?

Things to consider:

- Clothing/forms of dress (including religious jewelry/clothing, words on tshirts, brands, types of clothing, shoes, etc)
- Vehicles
- Electronic devices
- Books, signs, buttons, bumper stickers, logos

When considering your history of **belonging** ...

What Parts show up?

After reflecting on your writing above, how has **belonging** connected with your history/childhood experiences?

As you ventured into 'adulthood' did feelings of **belonging** change?

What Parts show up as you reflect on this?

When looking back on **belonging** and the concept of **belonging**, does fear come in?

Do any Protectors show up when you consider this fear?

If so, how does fear prevent you from exploring ways you feel (or could feel) **belonging** now?