

Gentle Intentions for This Space

Small group reflection

You are invited to name what you want from this space. You can choose one, more than one, or pass. These can change.

You might name an intention around:

- Less shame
- Feeling emotions without shutting down
- Speaking to myself with more kindness
- Trusting what my body is telling me
- Creating accommodations that actually help
- Asking for what I need without guilt
- Loosening people-pleasing
- Unmasking in ways that feel safer
- Feeling less alone in how my brain works
- More understanding of myself
- Practicing compassion when things feel hard
- Noticing stress and overload earlier
- Resting without apologizing
- Letting things be "good enough"
- Saying no without overexplaining
- Stopping the effort to be the "Neurotypical Woman"
- Building self-trust, one moment at a time
- Something else I want to name right now

Sharing is optional. You may name one phrase, or pass.

