

Silence Breaking Group Exercise

- Can you remember times as a girl when you felt your voice didn't matter or that you were discouraged directly or indirectly from using your voice to express yourself? What does it feel like in your body to think about being unable to freely share your thoughts, feelings, and beliefs?
- How do you envision your life and relationships being transformed by finding and using your voice? What does it feel like in your body to think about using your voice to share your thoughts, feelings, and beliefs freely and safely?
- What does it feel like in your body to believe that you bring equal value and that no one has the right to criticize you for your brain-based differences? What would your life be like if you adopted this belief and acted from it?
- Share your reflections and insights with the group, discussing your experiences with self-silencing and the factors that contribute to it.
- Practice communication within the group by sharing your thoughts, ideas, and needs without self-silencing. Encourage and uplift one another, creating a safe and empowering space for everyone to express themselves freely.

Remember, the journey of unlearning self-silencing and reclaiming your voice is a process that requires patience, self-compassion, and support. Together, as a group of ADHD women, you can uplift and empower one another, creating a space where your voices are celebrated and valued.

