

Affirming Reflections for Neurodivergent Gender Diverse People

When we focus on facts that are truly affirming, it can help us maintain a more positive outlook. When we are reminded of our strengths over and over again, it's easier to remember them. Taking time to read the affirmative statements below, or any others that resonate with you, can help you stay confident and improve your self-esteem.

Here are a few tips:

- Adapt the statements below so that they feel specific, realistic and authentic to you.
- One idea is to repeat affirmative statements out loud into a mirror, but you could also write them in a journal, or say them to yourself without a mirror.
- During this time, try to focus only on these statements, rather than anything else.
- If you can, establish a routine to remind yourself of these strengths. Consistency will help the messages sink in.
- Remember that these reflections are only one way to support yourself, and will be most effective if combined with other strategies, like peer support, counselling, and taking care of your physical health.

Affirmative ideas

1. My neurodivergent identity and gender are both important parts of who I am.
2. I am worthy of love, acceptance and understanding.
3. My unique perspective enriches the world.
4. I am capable of achieving my goals, one step at a time.
5. My gender is real and beautiful.
6. I am doing my best with the tools I have.
7. My voice matters.
8. I can grow by facing challenges.
9. My needs deserve to be met.
10. I am enough, just as I am.
11. Your ideas here: _____

For more information, visit transcarebc.ca

This document is designed for informational purposes only and should not be taken as medical advice. Please discuss any ongoing questions or concerns with your health care team.

