What makes me feel safe and cared for in conversations, relationships, and community?

Who am I in solidarity with? Why am I in solidarity with them? How am I in solidarity with them?

How do I show care and respect to others?

What do I explicitly ask for in relationships and community and what do I implicitly expect?

What am I proud to offer in relationships and community?

What are my values?

What is important to me?

What do I prioritize?

Why are those my priorities?

Reflection questions

Journal zine #4

CICADA COUNSELING CHICAGO

no AI used

More questions on the flip side of the zine

Reach out to
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CICADA COUNSELING CHICAGO

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In network with: aetna BlueCross BlueShield of Illinois Cigna

What have people done that helped me feel valued and valuable to them?

What did I do when I helped people feel valuable and safe? How do I feel about those experiences?

When have people told me that I helped them feel valuable and safe?

Who do I dream of becoming?

What motivates me to become that ideal self? How am I motivated?

How do I hold myself accountable to that dream?

What are the characteristics of my ideal self?