

QUEER TRADITIONS REFLECTION

Traditions are tied to our identities. They bring us back to our values, keep us grounded, and give us a sense of belonging in this world.

For people in the LGBTQ+ community, non-affirming traditions may be a painful spot, reminders of broken relationships and rejection, and messages of powerlessness.

But guess what? You can make choices! And you have power. I've put together this guide to support you as you reflect on the traditions around you this holiday season. What are traditions like for you now? What you want going forwards?

My hope that this is the start, or a part of your journey, to building the new, full, rich, and affirming life that you deserve.

Love,
Priscilla

Disclaimer

The content in this guide is not intended to be a substitute for professional medical advice, mental health services, diagnosis or treatment; It is provided to be informative only and not as comprehensive guidance.

Please don't disregard professional advice or delay seeking help if you need it. The content provided by Pride and Grace Counseling is not a substitute for professional help or medical advice.

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WHAT KIND OF FAMILY TRADITIONS DO YOU CURRENTLY HAVE?	ARE THEY AFFIRMING?

LIST 3 VALUES THAT ARE IMPORTANT TO YOUR TRADITIONS.

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WHY ARE SOME TRADITION(S) IN YOUR LIFE NOT WORKING?

(Check the box if it applies to any tradition)

- Not a match with my spiritual beliefs
- Not affirming to my identity
- Overstimulating/overwhelming
- Too costly to participate in
- It was from my family growing up
- Other: _____

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WHAT ARE SOME CONCERNS YOU HAVE ABOUT CHANGING
(OR DROPPING OR ADDING) A TRADITION?

DO ANY OF YOUR CURRENT TRADITIONS NEED
TO CHANGE OR BE DROPPED?

YES / NO
(CIRCLE ONE)

IF YES, WHICH ONES AND WHY?

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WHAT WOULD YOUR NEW OR UPDATED TRADITION LOOK LIKE?
LIST, DRAW, OR JOURNAL ABOUT THEM BELOW.

WHAT NEXT STEPS CAN YOU TAKE TO BUILD YOUR TRADITIONS?
HOW ARE THEY A BETTER FIT FOR YOU?