

REFLECTIVE WRITING PROMPTS: EMOTIONAL HEALTH

Please answer the following questions

How do you express yourself creatively? Who are your inspirations? If you could assign yourself a creative task this week what would it be?

How do you connect with other detransitioners? What do you find most useful about it? Most difficult? Would you attend a support group?

Please make a list of 5 things that you are grateful for and why.
