

A FREE PRACTICE FROM RIVERCALM

Belonging

For when you don't feel quite at home anywhere.

BEFORE YOU START

Living between places.

Moving to another country, coming out, living with a part of yourself that not everyone gets to see: these experiences have something in common. You can end up feeling a little out of place almost everywhere.

In the new place you're the one with the accent, the different habits, the story that takes too long to explain. Back home, you've changed in ways people don't quite see. And when your identity or your work isn't welcome everywhere, you learn to read every room before you relax in it.

That constant reading is tiring, and over time it can turn into loneliness, even when you're surrounded by people. Belonging is a basic human need. When it's missing for a long time, it shows up in sleep, mood and how you see yourself.

Belonging doesn't have to come from one place or one group. Many people build it from pieces: a friend here, a language there, a café, a community, a food that tastes like home.

So: three things to practice, and one week to try them in.

A SUGGESTION

Your safety comes first. Nothing here asks you to be more open than feels right. You decide what you share, with whom, and when.

THE PRACTICE

Three things, in this order.

01 Make room for both

Try *and* instead of *or*: *“I miss home, and I'm building a life here.” “I'm proud of who I am, and some places still feel hard.”* Both parts can be true at the same time.

Write your own “and” sentence:

02 Find one place of belonging

Think of where you feel even a little at home: a person, a group, a language, a place. This week, spend time there on purpose: a call, a message, an hour somewhere that feels like yours.

Where, or with whom, do you feel even a little at home?

03 Choose what you share

You don't owe everyone your whole story. Notice where you can be fully yourself, where you share a part, and where you keep things private for now.

Choosing this on purpose usually feels lighter than hiding out of habit.

Where can you be fully yourself, and where would you like to share a little more?

ONE WEEK

Small and often beats big and once.

Fill in a row on the days you notice it. Skip the others. Blank rows are part of the design.

DAY	WHERE I FELT OUT OF PLACE	WHERE I FELT AT HOME	ONE STEP TOWARD CONNECTION
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

That's it.

Belonging grows slowly, usually one person and one place at a time.

If you only keep one step, keep the second one. Time with people and places that feel like yours adds up.

If you'd like, write to me at info@rivercalm.life and let me know how this worksheet worked for you.



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What's next?

Give the practice one week before you decide whether it works. Small steps, repeated, are what change things.

And if you'd like to go further:

— Therapy or coaching with me. I work with many people who live between countries, cultures and identities:
rivercalm.life/#sessions

These pages are educational and can't replace therapy or medical care. If you're struggling with strong or long-lasting symptoms, please reach out to a mental health professional.