

A fairer account and a next step

Choose one experience or recurring thought. Write only what feels useful. You do not need to confront anyone or disclose more than is appropriate.

Date / period: _____

Safety first. If distress brings an immediate risk of harm or suicide, call 000. For crisis support, call Lifeline on 13 11 14. Do not challenge someone if this could place you at risk.

1. What happened

Describe the event or words, without turning them into an identity.

2. The judgement I have taken on

What have I started believing about myself?

3. A fairer, more specific account

What recognises the difficulty, my dignity and the possibility of help?

4. A response I can choose

Would a question, a short statement, support or no immediate response serve me?

5. What I need from care

What do I want a trusted clinician or support person to understand?

Keep one sentence you could bring to your next conversation. A difficult encounter does not have to end the search for useful care.

Complete privately. Keep your notes secure and share only with people you choose. This original discussion aid is not a diagnostic test or a treatment plan.

Guide, sources and accessible HTML: <https://www.dreric.net/practice-resources/responding-to-stigma/>