EXPLORE SUPPORT OPTIONS

Culture, Power & Options

Family roles, community expectations, finances, immigration concerns, discrimination, disability, and legal circumstances can shape what feels possible. Your context deserves respect.

OPTIONAL CHECK-IN - MARK ANYTHING THAT FITS

- [ ] Family expectations influence my decisions.
- [ ] Money, housing, or work limit my options.
- [ ] I worry about stigma or community reactions.
- [ ] I depend on others for practical support.
- [ ] Language or access barriers complicate help-seeking.
- [ ] I have strengths in my community and culture.

REFLECT AT YOUR OWN PACE

Which cultural, family, or community values matter most to me?

Which practical barriers or power differences affect my choices?

You may skip any prompt. If someone monitors your device or papers, consider whether keeping this worksheet is safe.

Concepts informed by: Durvasula, R. (2023). Being Culturally and Intersectionally Informed When Working with Clients Experiencing NA/ARS. PESI training materials. | Durvasula, R. (2023). Working with Clients Experiencing NA/ARS: An Antagonism-Informed Treatment Approach. PESI training materials.

EXPLORE SUPPORT OPTIONS

Culture, Power & Options

These questions are for you, not for proving anything to someone else. You can write a few words, discuss them in therapy, or simply think about them.

EXPLORE WHAT MATTERS TO YOU

Which relationships, traditions, or communities provide strength?

What resources might make more choices realistically possible?

What would respectful support look like without pressuring me?

OPTIONAL GENTLE PRACTICE

Try asking a support person: “Can we talk through my options without assuming what I should do?”

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