

My Chosen Family

Consider your chosen family—the people in your life who make you feel heard, seen and loved. How does that **chosen family** support each other? How do they provide **sanctuary** for you when needed? Use the space below to draw your chosen family and all of the elements of that family that uplift and comfort you. You may choose to share that photo with someone or keep it to yourself to reference whenever you need a reminder that your chosen family is always there for you.

Words and Phrases to Know:

Chosen family: a group of people who intentionally choose to love and support each other, regardless of marriage or blood relationship.

Sanctuary: a place of refuge and protection.

