

BISEXUAL+ JOY AND SELF ACCEPTANCE: A PRACTICAL GUIDE

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Online Counselling

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BISEXUAL+ JOY AND SELF-ACCEPTANCE: A PRACTICAL GUIDE

Thanks for downloading this guide, I hope you'll find it helpful :)

This guide is for you if

- you identify as bi, pan, queer, or any other multi gender orientation fitting within the bisexual umbrella, including bi curious and allies.
- you want to learn how to accept and embrace your bisexuality and feel more confident in expressing it

It includes a set of practical techniques and simple actionable steps you can put in practice today!

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Content list

- Bi+ Joy affirmations
- Journal Prompts
- Where is my support?
- Achievements & Celebrations

To learn more on this topic and find out why you may be struggling with this and what you can do, read our blog post titled *“Bisexual Joy: a journey to Bi+ Self-Acceptance and Self-Care”*

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BI+ JOY AFFIRMATIONS

Use this to create an internal narrative that is accepting and validating and dispel bi phobic beliefs.

How - repeat them silently in your head, out loud, write them down as part of your daily meditation practice

When - during meditation, when you notice you're judging yourself for being bi, whenever you need a confidence boost

Some examples you can use in the next page and practice exercise

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BI+ JOY AFFIRMATIONS

I am queer
enough

I am Bi+ regardless
to the gender of my
current partner/s

I am a committed
and loyal partner

I know who I am and
who I like, there is no
confusion about it

I appreciate diversity in
people, I think it's
beautiful and attractive

I am open to people's
gender identity, no
matter how they define
and express it

I belong to queer
spaces and I don't
need to prove it

I can embrace my bi+
identity and attend pride
events even when in a
long term relationship

I am bi+ and my
sexual behaviour
doesn't define my
orientation

My bisexuality is valid
regardless of what
sexual experiences I
had in the past

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BI+ JOY AFFIRMATIONS

It's your turn now.

I invite you to write your own affirmations, there are many ways bisexuality can be experienced and there's no right or wrong way.

Write down the messages you need to hear that suit your internal experience.

If unsure you can use the examples provided in the previous page

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MY AFFIRMATIONS



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BI+ JOY AFFIRMATIONS

Remember!

There is more to you than being bi+.

Don't forget to embrace and appreciate other aspects of who you are as well.

Being bi+ is not the start and end of all.

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JOURNAL PROMPTS

Use this to go deeper, explore your beliefs, thoughts and feelings about what it means to be Bisexual for you?, what it feels like?, to identify any bi phobia or bi erasure you may have internalised and re-frame it.

This can be your safe space to dump anything you need and increase self-awareness.

How - use prompt questions if you need a structure or write on a free flow.
You'll find some prompts examples in the next page to get you started.

When - before or after your affirmation practice, before bedtime, in the morning before work as often as you wish. Remember consistent practice is key.

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JOURNAL PROMPTS

Here you find some examples of prompts to guide your self-exploration. You don't need to use all of them (or any), pick what would help you or even write freely, let yourself write on a flow.

What messages did I learn growing up about bisexuality?

Being attracted to multiple genders feels like... _____

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JOURNAL PROMPTS

What thoughts/beliefs do I have about it?

I feel proud of being bi/pan/queer because _____

I feel I can fully accept myself when _____

I noticed I erase/censor my bi/pan/queer identity when _____

_____ because _____

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WHERE IS MY SUPPORT

Use this to map out your support network both online and offline and identify people/spaces where you feel safe and held

How - You are the purple point in the middle. Write down your support network (family, friends, online clubs/groups/forums, community venues and locate it in the circle that best represent how close or far you are to that person/space

Complete this exercise on your own, with a friend/family or queer affirming therapist.

When - any time

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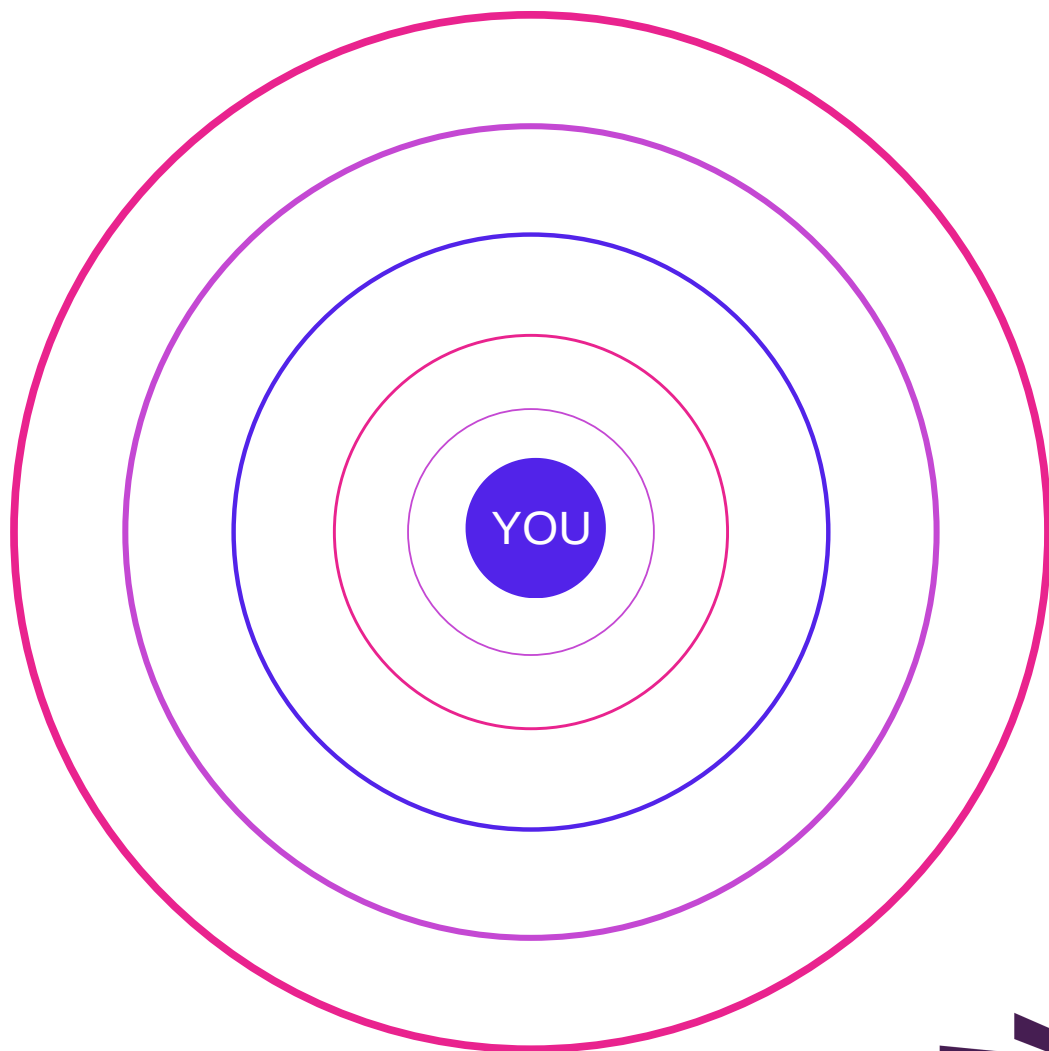
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WHERE IS MY SUPPORT

Thinks of family, friends, community venues,
online groups/forums/clubs, school, work, services

Where are they on the map? are they close to you
or distant or not even on the map?



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WHERE IS MY SUPPORT

Based on your support map,

is there any person/space you would like to move closer? or they need to be further away?

Is there any gap?

What each of these people/spaces bring to you? i.e. affection, activities linked to your interests, acceptance, validation, support and advice, guidance, chats.

What actions can you take to strengthen your support? i.e. join a bi+ or LGBTQ+ group, hang around someone more

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ACHIEVEMENTS AND CELEBRATIONS

Use this to acknowledge your self-acceptance progress and steps you have taken so far.

How - write it down in a journal, acknowledge it in your mind, share it with someone, dance or sing about it, write a poem, draw it, get creative!

Every little step counts! No matter how little or trivial it may seem to you.

When - when you are journalling, meditating, or just after having completed that action

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ACHIEVEMENTS AND CELEBRATIONS

Today I feel proud of myself because

Today I have (describe the action you took or the lack of it)

i.e. I have attended a bi+ online group, I've not judged myself for who I like/find attractive _____

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THANK YOU!



Hope you have found any part of this guide helpful

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