



General Support Discussion

Invitations

You are invited to join xxxxxxxx at xxxxxxxx today in the xxxxxxxxxxxxxxxx Support Room for a discussion on 'Self-Stigma'. Everyone is welcome!

Welcome

Welcome to our discussion, during this time we will be having a supportive group discussion on “**Self-Stigma**” Let us all remember to show kindness and support to each other. If you seeking support during this time, please connect with a listener in a 1-on-1 chat here: 7cups.com/BrowseListeners/

Welcome during the discussion

Welcome to all who just joined us, we are currently having a discussion on “**Self-Stigma**”! You are welcome to join in!

Begin

Let us begin our discussion with an ice breaker question:- If you could have an endless supply of any food, what would you get?

Discussion

- 1) On a scale from 1 to 10, with 1 being the worst and 10 being the best, how would you rate the way you're feeling right now? Can you explain why you feel this way right now?
- 2) Let's start off with defining Self-Stigma! How would you define Self-Stigma? What does it mean to you?
- 3) Where do you think Self-Stigma comes from? What causes someone to self-stigmatize?
- 4) What might be some Self-Stigmas someone might deal with?
- 5) Something that can happen to someone who is dealing with self-stigma is something called the “why try” effect. This is something that can be a barrier to reaching goals and can get in the way. How would you define the “why try” effect? What do you think it means?
- 6) Once we get to this “why try” mindset how do you think we can cope with these thoughts and feeling?
- 7) One thing that can help with fighting self-stigma is disclosing what we are going through, though it may sound counterproductive, do you think that it could be helpful? Why or why not?
- 8) What might be some barriers to disclosing what you are going through? How might be try to break those barriers?
- 9) Another thing that can help with combating Self-Stigma is gaining self-esteem. In your own words what is self-esteem?

- 10) Self-Esteem can be hard to work on and takes some time to gain. What might be some things we can do to help build our self-esteem?
- 11) What other things do you think could help with fighting self-stigma? Has anything worked for you in the past?
- 12) In the beginning we asked you to rate how you are feeling on a scale from 1 to 10, with 1 being the worst and 10 being the best. How would you rate how you are feeling now?

Useful Links:

Our weekly discussion schedule:

Helpful resources and our forums: <https://www.7cups.com/home/general-support/>

Ending:

Thank you to everyone who participated in this discussion! It was a pleasure having you all here!

You all did a great job offering thoughtful comments to the discussion questions. I think it was a really positive experience!

You can leave feedback for this discussion here _____