



## Executive Summary

# WHO ARE YOU WHEN NOBODY'S WATCHING?

## Overview:

In a world obsessed with performance and external validation, people lack spaces for genuine self-exploration without judgment. This is particularly acute for neurodivergent individuals and those who don't identify as straight or male.

## My approach:

A guided, reflective writing experience that creates psychological safety for authentic self-discovery. Through structured prompts and shared storytelling, participants explore their inner landscapes in a space designed for introspection rather than performance.

## The Framework:

- **Safe Container:** Explicit group principles (confidentiality, no pressure to share, compassion)
- **Guided Introspection:** Writing prompts that bypass performance anxiety
- **Optional Vulnerability:** Choice to share or keep private honors individual comfort levels
- **Neurodivergent-Affirming:** Designed for those who thrive in quiet, low-stimulus environments

## Outcome

- Participants gain clarity about their core identity and values, experience the relief of being seen without performing, and develop stronger self-awareness tools for navigating a world not designed for their way of being.