



Presented by BU Happiness College

True Belonging vs Fitting In

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From childhood to adulthood, we're all trying to find our place in the world – somewhere where we fit in perfectly and don't stand out. In other words, we're all searching for a sense of belonging, which is not only a desire but one of our primary needs.

- Brene Brown





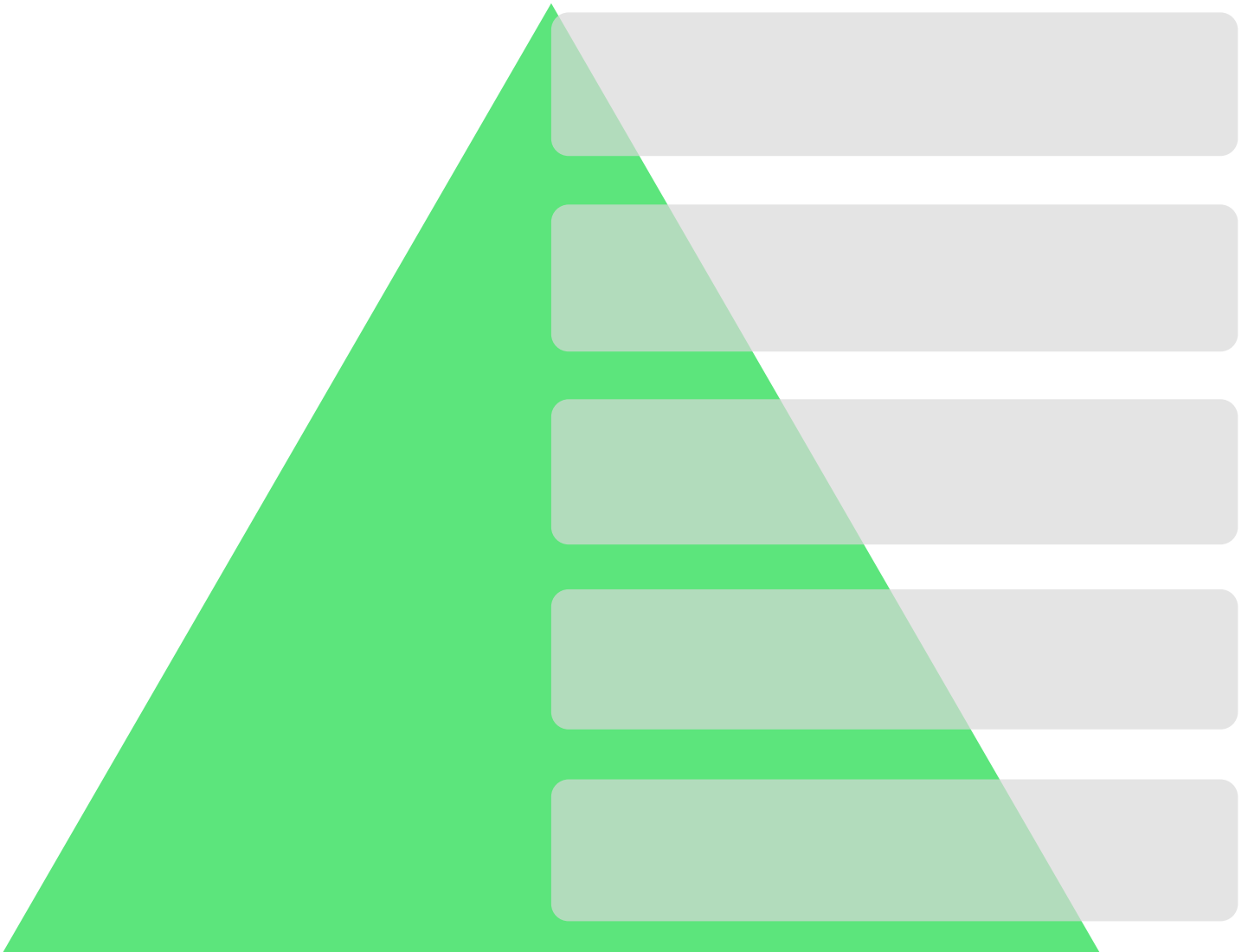
Understanding our own meanings

What does Belonging mean to me? List 1 example

What does fitting in mean to me? List 1 example



Maslow's Hierarchy Of Human Needs



Notes:

A large, light gray rounded rectangular box intended for taking notes.



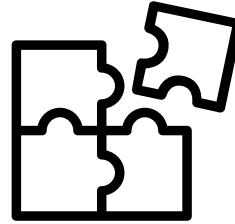
Belonging Vs Fitting In

Belonging:



vs

Fitting In



Empty rounded rectangular box for notes related to Belonging.

Empty rounded rectangular box for notes related to Fitting In.

How were these different to my initial understandings?

Large empty rounded rectangular box for a detailed response to the question.

Common Areas of Belonging & Fitting In



Family



Career/Work place



School, uni etc



Social/Friends



Romantic Relationships



Hobbies/Sports



Identity



Race/Gender



Community/
Society



Self Discovery

When was a time that I felt like I didn't belong and why?

Where in my life do I currently try to Fit in and how does that make me feel?

What behaviours might I participate in when trying to fit in and comprises do/might I make?



Self Discovery

When was a time in the past where I felt like I belonged and why?

Where in my life do I feel like I have a sense of belonging currently and how does this make me feel?

What would/might it look like for me to create a sense of true belonging in my life? Consider the common areas



Belonging vs Fitting In

Fit In, Struggles:

Belonging, Strengths:

Notes:

A photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...