

# Tips for Internalized Stigma

## Internalized Stigma...

**“Discrimination turned against yourself”**

*Common Definition*

**“Believing and accepting what other people assume about you”**

*The Anti-Stigma Project*

## *Recognize*

- Look for trigger words such as “I can’t” or “I’ll never.”
- Notice the times when you feel ashamed. Certain situations? Certain people?
- Notice when you avoid activities that you used to do or would like to do.

## *Evaluate*

- Try to assess the situation objectively.
- Gather the facts -- is there more information to disprove or support it?
- Ask a trusted source, ie. family member, therapist, friend, etc.

## *Fight*

- Realize stigmatizing messages are not true.
- Gather resources to challenge internalized messages.
- Set healthy boundaries.
- Deflect stigmatizing messages.
- Keep a journal of strengths to remind yourself of your positive qualities.