

Questions for Rainbow Tights

1. When you read this story, what is the underlying message in the tale that speaks to you most clearly?
2. In what ways are you true to yourself? Can you think of any ways in which you are *not* true to yourself, or have lost touch with who 'you' are? What kind of impact has this had on your sense of joy, lightness, and engagement with life? Is there some way in which you can begin to move back towards a place of being *true to who you are*, no matter how small a step it may seem?
3. We are bombarded on all sides with messages that tell us our physical appearance must adhere to a fixed notion of acceptability, appropriateness, or attractiveness. How have these messages impacted you or someone you care about? Perhaps begin to think about ways in which you can actively challenge these messages in your own life. As each of us does this, do you think the messages will inevitably begin to change over time?
4. Peer pressure is very real and often insidious. How has peer pressure affected you in your life, as a child, adolescent, or adult? Or in the life of someone you love? Challenging this can feel very unsafe because as human beings, being excluded from the group can feel like death (and once upon a time, long ago, it probably did mean this). How important do you think it is to challenge peer pressure when it is preventing someone from expressing who they truly are? What are some of the ways in which we can challenge this, and how can we support ourselves or others during the painful feelings of being ostracized and excluded?
5. Panic attacks can be very frightening. In what ways can you support yourself or someone else who is experiencing one? Are you able to identify any ways in which you can reduce the chances of experiencing one, e.g. by self-soothing, breathing in particular ways?
6. Consider how, when we are true to *who we are*, we might only *then* be able to deeply connect with another. Is it possible that, coming from this place of scary vulnerability, our desire to help someone else who is struggling can be so much more powerful?

Further information and help:

- [Ways to calm the nervous system](#) and [Irene Lyon](#)
- [Brene Brown](#) on vulnerability, and being true to yourself
- [Self-compassion](#)
- [Dr. Kristin Neff](#)

- [Tara Brach: Radical Compassion \(and RAIN technique\)](#)
- [Expressing your true self via art therapy/creative therapies](#)