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Underrated
Superhero

Youth Identity & Expression Prompts

Facilitate safe, creative self-expression for youth around personal identity, values, relationships, and aspirations. Helps clinicians open dialogue without leading responses.

Instructions: You may answer in writing, through drawing, collage, or another form of expression. There are no right or wrong answers. **Not scored** – for self-reflection only.

Section A – About Me

1. My favorite qualities about myself are: _____
2. One thing I'm proud of is: _____
3. People say I am good at: _____

Section B – My Identity

1. Words I use to describe myself: _____
2. Places I feel most comfortable being myself: _____

Section C – My Relationships

1. People who make me feel supported are: _____
2. One thing I wish others understood about me: _____

Section D – My Future

1. A goal or dream I have is: _____
2. Something I want to learn or try: _____

Scoring Guide:

Not intended to label or evaluate. Responses help identify strengths, areas of support, and topics for further conversation.

Notes
