

# CONTEXT

## Systemic Influences

POLITICS  
ECONOMICS  
RELIGION  
ENVIRONMENT  
CULTURE  
CONFLICT  
COLONIALISM  
MEDIA

## Scales

HOUSEHOLD  
NEIGHBOURHOOD  
LOCALITY  
STATE  
NATIONAL  
GLOBAL

## Social Identities & Intersectionality

RACE  
ETHNICITY  
SEXUAL ORIENTATION  
GENDER IDENTITY  
GENDER EXPRESSION  
BIOLOGICAL SEX  
NATIONALITY  
BODY SHAPE & SIZE  
APPEARANCE  
CLASS  
ABILITY  
SOCIO-ECONOMIC  
STATUS  
CULTURE  
NEUROTYPIC  
(TYPICAL/DIVERGENT)  
INDIGENEITY



# CONTEXT

## People

PARENTS  
SIBLINGS  
CHILDREN  
BLENDED FAMILY  
ENEMIES/NEMESSES  
EXTENDED FAMILY  
IN LAWS  
EXES  
FRIENDS  
PARTNER/S  
COLLEAGUES & BOSS

## Personal

HEALTH;  
MENTAL, PHYSICAL,  
EMOTIONAL, SEXUAL  
CHRONIC ILLNESS  
CHRONIC PAIN  
STRESS  
FAMILY HISTORY  
GENETICS  
LIVED EXPERIENCE  
BRAIN CHEMISTRY  
SKILLS

## Transitional Events

PREGNANCY  
NEW BABY  
ILLNESS OR INJURY  
BECOMING CARER  
STUDYING  
NEW DIAGNOSIS  
TERMINAL DIAGNOSIS  
DEATH OF LOVED ONE  
MOVING HOUSE  
AGEING PARENTS  
GLITCH IN MATRIX  
RENOVATIONS  
LOSING A JOB  
NEW JOB  
MONEY PROBLEMS  
BIG PROJECT  
ACCIDENTS  
DIVORCE/SEPARATION  
RELOCATION  
RETIREMENT  
ADDICTION  
LOSING A RENTAL  
LEGAL PROCEEDINGS  
NEW PARTNER  
AGEING  
BLENDING FAMILIES  
KIDS CHALLENGES  
LIFESTYLE CHANGES

