

Supporting Questions to reflect my identity related to personal factors that can promote radicalization

1. **BODY, CORPORALITY:** Do I feel comfortable with my body? Am I healthy, fit, do I feel well, do I experience a fulfilment of sexuality? Do I experience the integrity of my body? Do I feel strong or week? What weekpoints do I have? Am I able to handle weekpoints or does it make me feel helpless? Do I suffer from psychological problems?
2. **SELF-ESTEEM:** How do I estimate my self-esteem? Do I like myself? Do I appreciate myself as loveable? Is my self-esteem depending on any specific persons? Do I need confirmation from someone else to decide what is right or wrong? How do I judge myself? What are my strengths?
3. **SOCIAL NETWORKS:** Do I have a diverse and supporting social network? (friends, family, partner, colleagues, professional assistants, neighborhood, clubs, etc.) Do I feel comfortable within these networks and do I feel that I was understood? Do I have a reliable relationship? Am I lovesick? Do I know some people that I could go to, if I were in severe difficulties. Do I have sufficient professional assistants for my needs (doctors, therapists, consultants, etc.)? Do I feel consolidated in my environment and do I have a stable position in my networks? Do I believe that people understand, see and appreciate me the way I am?
4. **SUCCESS, JOB, ACHIEVEMENTS/PERFORMANCES and LEISURE TIME :** What experiences did I have with success and failure? Do I consider myself successful? Do I feel that I have failed? Do I experience success in my job, school, etc. or life at all? Do I feel efficient or more often overstrained?
5. **MATERIAL SECURITIES:** Am I financially secured? What financial resources do I have? Do I have to worry about my financial future? Do I have housing, clothes, food? Am I able to live on my income?
6. **TRAUMATIC EXPERIENCES:** Did/do I suffer from psychological traumas? What traumatic experiences shaped me? Could I handle it or are there still old sores? Does it affect my life and how?
7. **EXPERIENCES OF DISCRIMINATION AND EXCLUSION:** What experiences did I make with exclusion? Was I ever teased in school or did I tease other kids? Did I ever feel disadvantaged compared to other people? Do I feel excluded of any groups nowadays? (job, school, friends, family, society, etc.) Do I have any characteristics that my environment tends to stigmatize? How did/do I handle it?

8. **PERSONAL VALUES**

What social, ethical, moral values did I grow up with? Did I just take them over or reflect upon them as an adult person? What values became very important to me so far in my lifetime?

9. **EXAMINATION WITH POLITICS AND IDEOLOGIES:** What are my political beliefs and my ideologies? How did my understanding of democracy grow? Do I follow international and national politics? Does my personal ideology approximately meet any of the current political parties in my country? Do I attend elections? What do I think of the national government? What kind of change would I consider and what means to reach that political goal could be used?

10. **EXAMINATION WITH RELIGION AND SPIRITUALITY:** Does religion or spirituality play a major role in my life? Am I well versed with my confession? Did I deal with religion regarding its positive and negative impacts on the entire world? Do I see boundaries between religion and politics? Am I consolidated in my faith (or atheism, agnosticism, etc.)

11. **RISK-APPETITE** Do I feel attracted to take hard risks? What for would I take risks? How realistic, reasonable or useful are these risks? Does my assessment of risks feel average?

12. **DEALING WITH LIMITS:** Do I feel restricted and oppressed a lot in my daily life? Does crossing limits feel crucial to me to feel eventually comfortable in society? Do I put my personal limits above other people's limits? What are my limits? Do I believe the limits within my personal environment are acceptable?

13. **FUTURE PERSPECTIVES AND SELF-EFFICACY:** What are my perspectives for the upcoming years? Do I follow any kind of life plan (private, at work)? What do I want to achieve, what are my hopes and wishes? Is it realistic? Am I able to design my life and future actively and possibly reach my goals? Or do I feel hope- and powerless more often concerning my future?

