

## **How Do You Define Belonging?**

The following were responses from participants collected from the Mentimeter on Wednesday, May 7 during the opening plenary.

## **Summary:**

## Defining Belonging

- **at home**
- Being seen and heard
- Nathentic self-expression
- > Inclusion and acceptance
- Safety and security

## How do you currently define belonging?

- Aspiration
- Beyond inclusion
- Being seen heard and valued
- Showing up as my authentic self
- Feeling safe and welcome to be myself.
- Feeling wanted
- Feeling at home and welcome.
- The feeling of being included and a part of the group
- Knowing all parts of me are loved in my entirety
- Safety
- Feeling at home
- When there are no questions about who you are

- Feeling welcome and celebrated for one's whole self.
- Feeling welcome
- Create a space where everyone can feel seen and welcomed
- A sense of having a place and feeling valued
- Wanting to participate
- Everyone feeling seen and valued
- A place where I can be myself at last
- Feeling of being at home
- Feeling included and a part of, cared about, and caring about others
- A place where you feel as much the architect as you do a resident
- Not being welcomed, not being tolerated, but just being.
- Feeling safe and accepted bring your authentic self
- Whole and I mean whole selves welcome
- Celebration of our whole selves in community
- A sense of being valued and welcomed.
- Liberation of self and community
- Listening and understanding one's differences.
- The widest tent. The most doors.
- Being welcome, being known
- Feeling seen, held, included, and comfortable
- Intersectionality
- Creating spaces that allow folks to fully show up as themselves
- Feeling welcomed, included, missed, and desired
- Being a full and equal stakeholder in the messiness of community.
- Not needing to question if I belong
- Everyone has what they need
- Being able to show up as my full authentic self
- Feeling a sense that one is in the right place, that they matter.
- being invested in the community and accepted as a full part of it
- Feeling home in Jewish spaces
- Feeling like I am part of the space and that the space is less without me there.
- Loved
- The experience of being seen, known, understood, and needed.
- Not alone
- Listening to others needs in a space
- Feeling of comfort and acceptance
- Feeling radically welcomed and enough.
- Being asked what the ideal is to achieve and follow through on it
- Where I feel seen heard and feel at home

- Sharing commonality
- Feeling safe to express the fullness of your identity
- Feeling at home w/ your whole self
- Sense of comfort and confidence within a community
- Everyone feeling their personal story and "why" are as valid as all others
- Welcoming everyone who wants to be in community
- Being at home in the fullness of myself and my community.
- Feeling a sense of safety and inclusion.
- Safe, welcomed, celebrated
- Safety to be one's true self with acceptance and joy
- People knowing me and accepting me for who I am.
- Feeling seen, welcomed, celebrate for who i am in all its depth
- Feeling like are part of something larger
- Feeling comfortable enough to make mistakes
- My whole self matters
- Having a voice, agency and a stake, Co-creating the vision and future of the community
- Feeling comfortable being your whole self in Jewish spaces, workplaces, etc
- Not beint considered weird
- existing as i am among others
- Feeling welcome, included and able to show up as my true self without fear or inhibition
- Feeling secure
- Feeling like we all have a right to be here and our gifts are welcome
- Seeing myself reflected and respected in a space
- The unexplainable feeling of the ability to be authentically yourself
- Meant to be who I am where I am and feeling validated for this
- Feeling completely welcome as authentic self
- Not just seen, but able to shape the community or experience
- Home, peace, calm
- Able to bring my whole self and my best self
- Feeling seen and welcomed in all my complexity
- Being able to show up as self
- The feeling of being comfortable and welcomed just as I am
- No masks, in your element.
- Everyone feeling like they are seen as an individual
- Feeling comfortable showing up with my whole self. Being welcomed in space with my voice and opinions.
- Knowing from the inside that this is my place and that others affirm that

- Leading with love, curiosity, and acceptance
- Being accepted for who I am
- Being celebrated for showing up unquiet and authentically.
- Being able to bring my authentic self and being accepted
- A sense of rootedness, connection to others, connection to place, being and feeling known and cared for, valued, and wanted.
- Knowing that your whole self is recognized and appreciated.
- Knowing everyone in the room can just BE in it without having to adapt
- The feeling of home
- Feeling at home and valued for who I uniquely am.
- Anyone being able to participate in the Jewish community in whatever way they would like.
- Feeling comfortable in public at same level as in my home with family & friends
- Mattering and being accepted.
- Where my identity feels whole
- sense of safety and community, without imposter syndrome
- A sense that one is needed wanted and valued in a place and is part of creating the place
- Feeling a part of, included, safe, seen and supported
- The ability to entirely be yourself without question or worry
- Known, named, and needed
- Being at the table (not on the menu)
- Feeling like my presence matters in a community.
- Feeling welcomed into an existing framework and/or being embraced for creating a new framework.
- Loving the multitude of identities in a way that celebrates them and where you plan in a way to lift those identities up
- Being included and valued with intention.
- Being invited, welcomed, and celebrated for authentic expressions of self
- Being truly welcome where curiosity trumps judgment
- Being an integral part of the creation or continuation of a community. Not peripheral but at its center.
- Being an intimate part of the group I am with
- Accepting and being accepted without judgement
- Feeling seen and appreciated by the ppl I am with
- Stillness, content, connected, widening the tent
- The ability to be in community appreciated, dignified, valued, treated as human.
- To show up in a space exactly I am and treated as a human

- Belonging is when the question of whether or not I belong doesn't even cross my mind.
- I matter, I am connected with other is meaningful and trustful way
- Being comfortable and welcomed wherever I am.
- Making room for everyone to feel comfortable in a space
- A basic human need to feel like we matter
- Having everyone represented at the table when strategic planning and decisions are made for our communities. Create Low barrier of entry opportunities and spaces/places.
- The irony of belonging is that you don't feel like you belong in a group until you have suffered criticism from the group and have moved through it.