

Share Your EU Story – A Reflection Worksheet

Think about your personal experience.

You can use these prompts to write or talk about your own story.

A neutral, open-ended worksheet designed to help individuals reflect on how Brexit has affected them personally, emotionally, socially, and practically. No answers are right or wrong. Use it privately or in facilitated discussion groups.

Question:	Your Answer:
What did the EU mean to you before Brexit?	
Has your life, work, or travel changed since? How?	
What do you miss — or do not miss — about the UK being in the EU?	
Do you feel more connected to people who think similarly or differently?	
What kind of future relationship would you like to see — and why?	

Every story adds depth to the bigger picture.