



i dont fit mainstream attractive standards.

a guided journal for queer people who are tired of shrinking, performing, or chasing approval in rooms that never saw them clearly.

**this journal is for those who've been told they're not "enough"
— not masc enough, not fit enough, not white enough, not
young enough.**

**if you've ever felt overlooked, unchosen, or invisible in a
community that preaches pride but rewards perfection — this
is your space to pause, reflect, and come home to yourself.
because your worth was never meant to be measured by likes,
labels, or lust — it was always meant to be rooted in presence,
truth, and self-love.**

an RGL Divinations journal.

by keir michael

for more visit realgaylife.com

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disclaimer.

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@albertowilliams959



"I can't count how many times I've been unseen, unwelcome and unvalued by other LGBTQ+ with more 'attractive' features (white, skinny, nice clothes, muscles, etc.). This crap doesn't seem to ever go away unfortunately."



@user-tyled5zb2n



"You have to be 1. WHITE, 2. Good looking, 3. Physically fit, and 4. Young and the gay community will love you—even though your personality sucks. Period."



@BrunoPremoli-h9j



"I'm attractive, I don't need to do anything as my genetics is amazing—but I'm lonely... Everyone thinks I'm super cute... but I can't find a partner in a mutual way."



love and connection! to me that is all that we are all looking for.
*to be seen for who we are, not judged, but have our authenticity...
flaws and all, accepted and loved!*

but, don't let me be the judge / the person that determines this for you...
lets seriously look into this and do some introspective work.



what is it that you are looking for?

mark all that apply.

to get your brain thinking

to be loved.

to be seen.

acceptance.

not ignored.

wanted.

feel connected.

keir.michael - because your not alone in this.

appreciated.

celebrated.

my energy valued.

my time respected.

included.

respected.

ask yourself...

what is it that i truly want when i open these apps or walk into these spaces?

when and where was i the last time i felt this way?



now lets **stop**. take a breath. and think.

this world is how big? and **we continue to choose to go to these places that do not make us feel how we would like to feel.**



take your power back. **you are choosing = you are in control.**



When we keep returning to the same spaces that make us feel invisible or unworthy, we start to internalize the idea that we are the problem—not the environment.

Naming these places helps us break the cycle and stop searching for love in places that only feed our insecurities. By identifying where we lose our power, we start to reclaim it and choose environments that actually nourish our spirit.

now lets list of the places that we have gone to that have time after time again proven to us that they do not make us feel our best...

certain straight bars.	
_____	_____
church.	
_____	_____
certain predominately white spaces.	
_____	_____
_____	_____
_____	_____
_____	_____



next, i want to briefly talk about **how much you are allowing other gay men to effect your self worth.**

how much are other gay men shaping your self-worth?



**not 100% sure how to answer that?
want a more honest look at where you really stand?**

i created a short assessment that helps you figure it out.
head to realgaylife.com and get your personal score.
(it only takes a few minutes, and your results might surprise you.)

realgaylife.com



take an assessment



how much are other gay men
shaping your self-worth?

write you score here

now that you've taken the assessment, *notice where your self-worth might still be tied to outside opinions — especially from people who don't truly know or love you.* this isn't about shame — it's about awareness. **you're simply learning where your power has been given away so you can call it back.**

your worth has never depended on their approval — and now, you get to decide what people and places deserves you and you amazing presence.



like myself, you may sometimes forget that there have been places and people that made you feel seen, safe, and whole — even if only briefly. remembering what has nourished you helps you reconnect with what's real, not just what's trending or popular. **this is how we start to build a life led by joy, not survival** — by returning to what feeds us, not what empties us.



now lets list of the **places that have nourished our soul in the past!**

akira

grandmothers house



when we know what qualities to look for, **we stop settling for spaces that drain us and start seeking out ones that can truly support our growth.**

this list becomes a compass — helping us recognize environments that align with our healing, our joy, and our whole self.

now lets create a list of characteristics of new places that have the potential to nourish our soul.

r&b and jazz music.

doing a physical craft like painting.

surrounded by nature.

_____ .
fill in the blank.

_____ .
fill in the blank.

_____ .
fill in the blank.

_____ .
fill in the blank.

_____ .
fill in the blank.

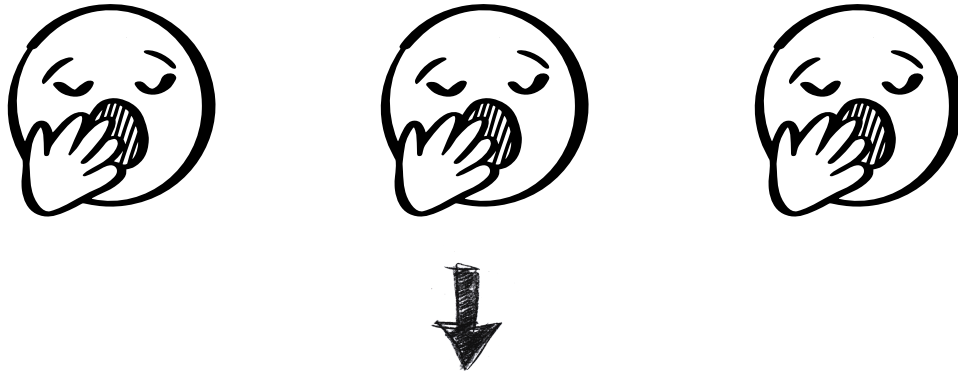
_____ .
fill in the blank.



now back to the mainstream and the majority of the community... yea, maybe it matters to them. but **newsflash**. if this were the case **boys like myself would not have fallen in love, been in love, felt truly seen and accepted for who i am.**



you need to **become so oblivious to the mainstream version of attractive that those bitches and people are irrelevant.**



i suggest becoming so focused on loving your reflection in the mirror that you dont even have time to contemplate what main stream attractive is.

the more you fall in love with your own reflection, the less power society has to define your worth. when your energy is rooted in self-love, validation becomes internal – not something you have to chase or earn.

what i love about myself.

what i am working on.

notice i said working on! **actively working** on what ***YOU***, not society tells you to change, gives you confidence as you slowly make and see those changes happen.

growth doesn't happen in isolation – staying active in your healing means staying connected to others who are doing the work too.

join the conversation at realgaylife.com to stay motivated, share your journey, be vulnerable, and remember that you're not alone in any of this.





📧 **thank you for doing the work.**

seriously — this is how we change things.
by slowing down, getting honest with ourselves, and choosing something deeper.
you doing this work matters!
it's how we build the kind of community we all wish existed.

this free resource was made possible by **real gay life patreon subscribers** and
real gay life supporters.

if you found this helpful and want access to the **full guided journal**, plus:

unlimited deep-dive prompts

7-day reflection cards

and full **affirmation decks** for every topic [**join us now**](#)