

Episode Notes

WHAT TO SAY TO OTHERS

REFLECTION:

Telling the truth to others about how you are feeling and what you need will make things more comfortable for you and them. It's really freeing! Please try it

STEPPING STONE:

- What are the questions you need to think of answers for?

- What can you say to others that could guide them on what you need?

HEART CHECK

Date:

What have you been thinking and feeling today?

