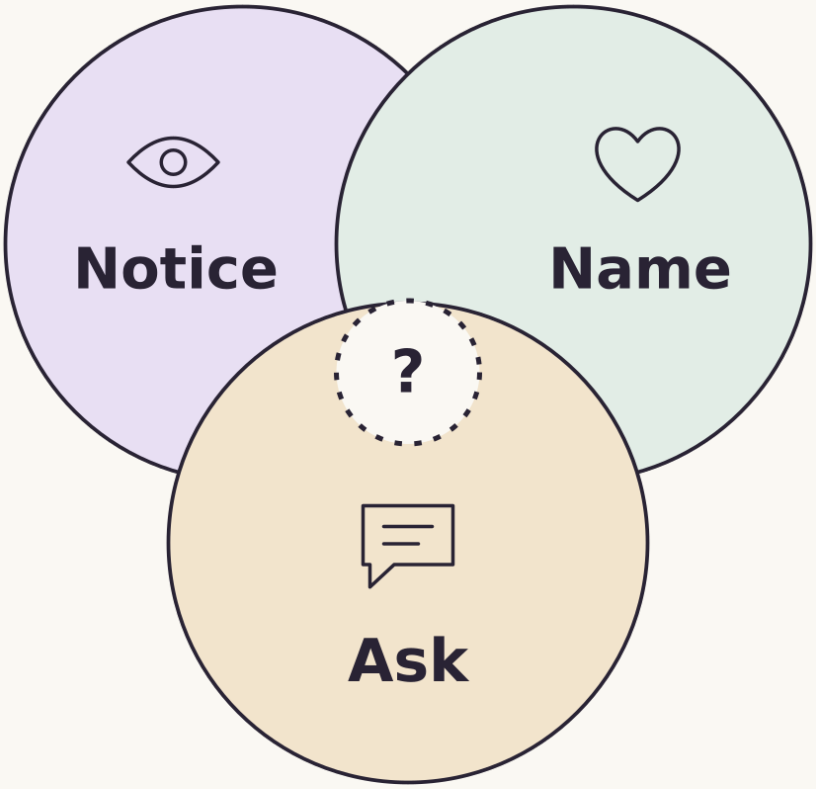
FINDING WORDS

Words for what you need

Try any part of this. An exact label is optional.



You can begin anywhere.

Notice: What is happening for me? Examples: Tense / heavy / restless / unsure. Name, if you can: What feeling comes closest? Examples: Worried / sad / angry / mixed. Ask: What might help right now? Examples: Quiet / company / time / practical help. There is no fixed link between a feeling and a need. "I'm not sure, but I need support" is enough.