When I feel like I don't have control

Making my own decisions

T. white.

When
I feel like
my feelings
don't count

When I feel scared

When I don't have information in the format I need

When
I'm worried
about my
health

When I feel under pressure

When
I haven't
healed from
my past
experiences

Share how we're feeling and ask for help

nen I under ssure

T was