


Conversation cards




Brave

A moment I have felt brave was when...

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Loved

The ways I feel and give love are...

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Hopeful

The moments or people that give me hope for the future are...

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Strong

I have found strength by...

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Connected

I feel most connected to my person or to others is when...

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Courageous

A have been courageous by...

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Empowered

I felt empowered when I...

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Resilient

I showed resilience when...

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Heard

A time I felt heard and understood was...

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Alone

When time passes and others go back to their normal life and my life has changed forever, I feel alone and wish...




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Angry

I feel angry about...




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Hidden

At times I have hidden how I'm feeling because...




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Guilty

Things that have made me feel guilty are...




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Lost

There are times I have felt completely lost when...




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Exhausted

Grief is exhausting, I wish people could understand...




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Confused

I have felt confused about...



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Frightened

There are moments when I wish others knew that I am frightened because...



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Overwhelmed

On the days I am overwhelmed, I want you to know...



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