

CAN WE TALK?

When we face difficult things in our lives, it's important to have people who can walk with us and support us along the way. God gives us other people to help us build resilience through challenging circumstances. The next time you face something difficult, use this guide to help you reach out to someone who can help and support you.

CAN WE TALK?

LATELY I'VE BEEN FEELING _____

I THINK IT'S BECAUSE I'M STRUGGLING WITH _____

RIGHT NOW.

I WANT TO TELL YOU MORE ABOUT THAT: _____

I'VE BEEN AFRAID/ANXIOUS/WORRIED/EMBARRASSED/OTHER FEELING
TO TELL YOU THIS BECAUSE _____

CAN YOU HELP ME FIGURE OUT WHAT TO DO?

CAN WE TALK?

When we face difficult things in our lives, it's important to have people who can walk with us and support us along the way. God gives us other people to help us build resilience through challenging circumstances. The next time you face something difficult, use this guide to help you reach out to someone who can help and support you.

CAN WE TALK?

LATELY I'VE BEEN FEELING _____

I THINK IT'S BECAUSE I'M STRUGGLING WITH _____

RIGHT NOW.

I WANT TO TELL YOU MORE ABOUT THAT: _____

I'VE BEEN AFRAID/ANXIOUS/WORRIED/EMBARRASSED/OTHER FEELING
TO TELL YOU THIS BECAUSE _____

CAN YOU HELP ME FIGURE OUT WHAT TO DO?