**If Feelings Could Talk**

**SADNESS**

**TO CRY**

**Might be telling me I need**

CONNECTION

LONELINESS

**Might be telling me I need**

**SHAME**

**SELF-COMPASSION**

**Might be telling me I need**

RESENTMENT

TO FORGIVE

**Might be telling me I need**

TO DO SOMETHING CREATIVE

**Might be telling me I need**

**ANGER**

**TO CHECK-IN WITH MY BOUNDARIES**

**Might be telling me I need**

TO BREATHE

ANXIETY

**Might be telling me I need**

STRESS

**Might be telling me I need**



**TO TAKE ONE STEP AT A TIME**