

Connection, Loneliness, and Asking for Support

1



Who do I feel safest being honest with when I'm struggling?

2



What do I wish someone close to me understood about my depression without me having to explain everything?

3



What stops me from asking for help when I know I need it?

4



Do I actually want more social connection right now, or do I need quiet and space without feeling guilty about it?

5



If I sent one honest message to someone I trust today, what would I want it to say? I feel like comes what would I want it to say?

If I sent one honest message to someone I trust today, what would I want it to say?

