

Things I need from others

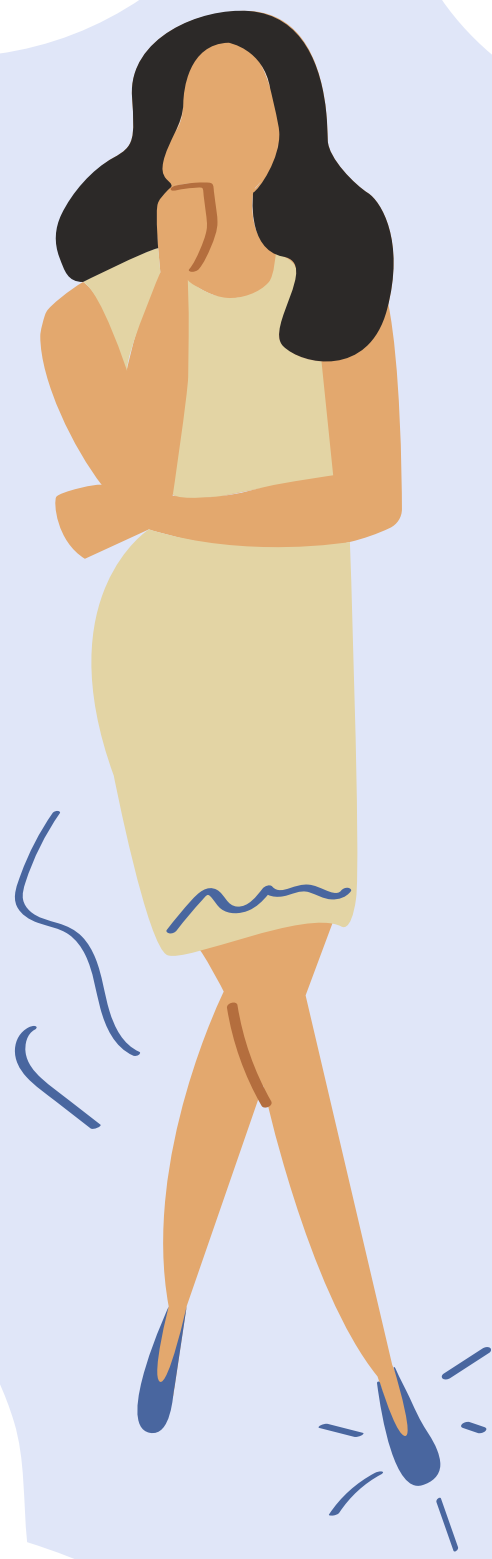
Know that it is normal and okay to ask for help. Sometimes, help from others is what we need most... fill this worksheet out and reflect on what you would like from the people in your life

I need my family to

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I need my teachers to

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I need my friends to

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I need other people to

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