

Say What You Mean to Say

I'm feeling stressed and need some ways to cope
I'm feeling stuck and need some ideas for solutions
I'm feeling exhausted and need some rest
I'm feeling forgotten and need to know that someone cares
I'm feeling apathetic and need some motivation
I'm feeling hopeless and need to know that things will get better
I'm feeling lonely and need someone to be there with me
I'm feeling worthless and need to know what gives me value
I'm feeling like I don't belong and need some connection
I'm feeling scared and need some comfort
I'm feeling overwhelmed and need some space
I'm feeling abandoned and need to know that you're still there for me
I'm feeling weak and need some strength
I'm feeling misunderstood and need some validation
I'm feeling trapped and need to know that there is a way out
I'm feeling aimless and need some direction and purpose
I'm feeling defeated and need to know that I will get through this
I'm feeling rejected and need to know that I'm loved
I'm feeling hurt and need some healing
I'm feeling like a failure and need to see my successes
I'm feeling ashamed and need to know that I can be forgiven
I'm feeling empty and need some substance and drive
I'm feeling judged and need to see my worth
I'm feeling consumed with grief and need some relief
I'm feeling vulnerable and need some support
I'm feeling unneeded and need to know that I matter and make a difference
I'm feeling numb and need help discovering and facing my feelings
I'm worried that I've disappointed you and need to know that you love me unconditionally
I'm feeling self-hatred and need some compassion
I'm feeling anxious about the future and need to know that things will turn out okay
I'm worried that I can't change and need some patience and encouragement
I'm feeling helpless and need some hope
I'm worried I might hurt myself and need to be somewhere safe

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