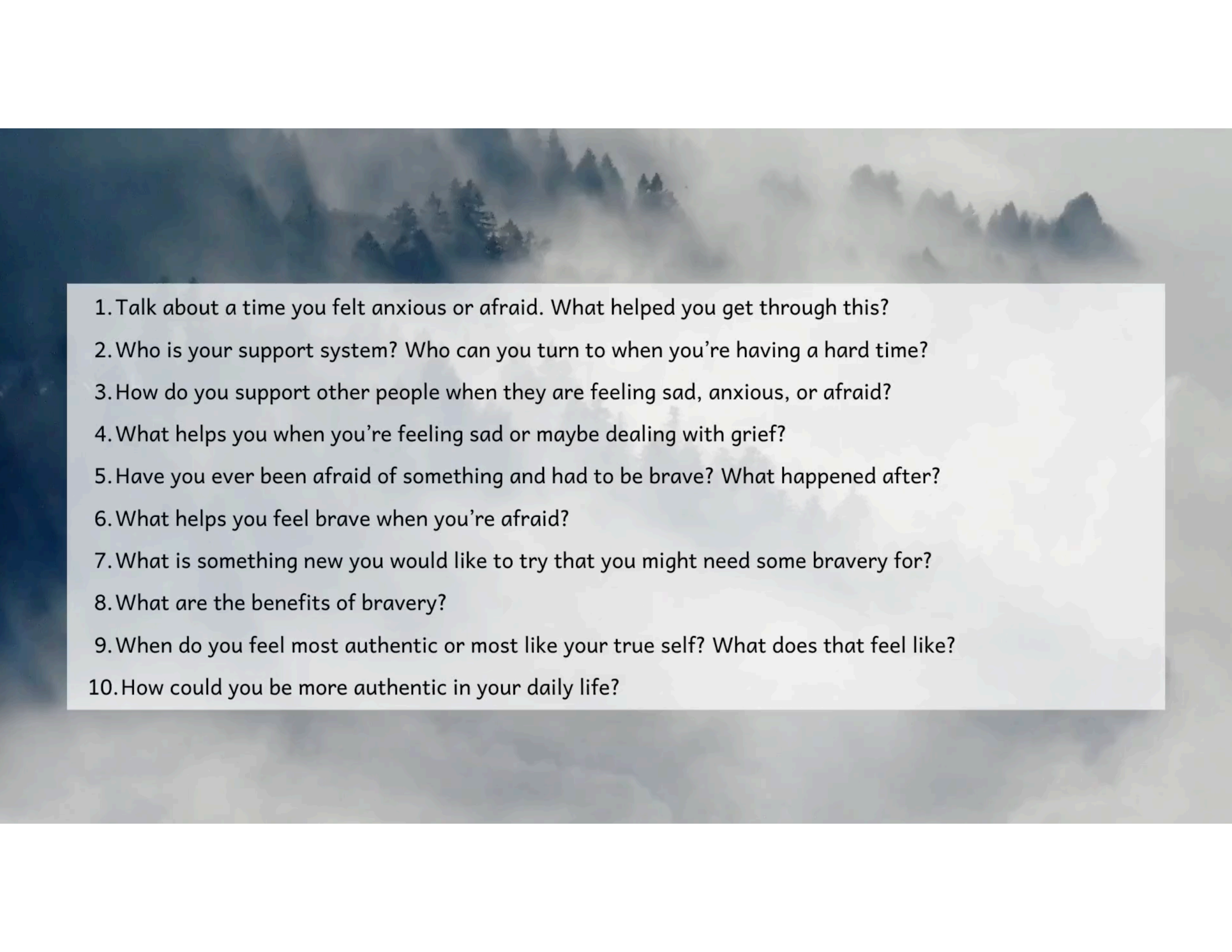


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1. Talk about a time you felt anxious or afraid. What helped you get through this?
 2. Who is your support system? Who can you turn to when you're having a hard time?
 3. How do you support other people when they are feeling sad, anxious, or afraid?
 4. What helps you when you're feeling sad or maybe dealing with grief?
 5. Have you ever been afraid of something and had to be brave? What happened after?
 6. What helps you feel brave when you're afraid?
 7. What is something new you would like to try that you might need some bravery for?
 8. What are the benefits of bravery?
 9. When do you feel most authentic or most like your true self? What does that feel like?
 10. How could you be more authentic in your daily life?