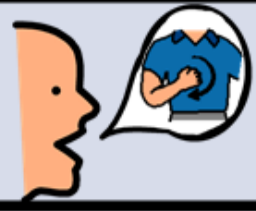




Saying 'Sorry'



Saying 'sorry' can be hard because...



I don't know why I need to say sorry.



I am overwhelmed with feeling guilty.



I am experiencing the situation again.



I am overwhelmed with shame.



I am trying to move past it because it keeps repeating in my head.



I am still processing what happened.



It is difficult for me to verbally express how I am feeling.



The word 'sorry' does not express the extent of how sorry I feel.



I am not ready yet.



Something else.



I might show I am sorry in another way.



Draw a picture for you.



Talk to you.



Share something with you.



Offer a hug.



Do something to help you.



Write a letter or card.



Sit with you.



Cry.

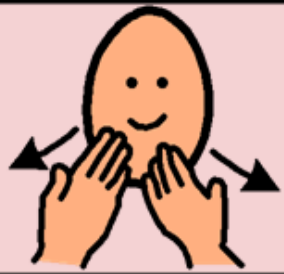


I may give you space so that you do not have to relive what happened again.



Something else.





Saying 'Thank You'



Saying 'thank you' can be hard because...



I don't know why I need to say 'thank you'.



I am overwhelmed with embarrassment.



I am unsure how you will react.



I am overwhelmed with gratitude.



I might not say it right.



I am still processing.



It is difficult for me to verbally express how I am feeling.



The words 'thank you' does not express how thankful I feel.



I am not ready yet.



Something else.



I might show I am thankful in another way.



Tell you about something important to me.



Talk to you.



Share something with you.



Offer a hug.



Do something to help you.



Write a letter or card.



Sit with you.



Cry.



Accept your compliment or gift.



Something else.

