Thinking Time

Find a safe space, take a deep breath, and take some time to think about what is bothering you. Empower yourself to work through your problems.

The problem/situation:

How it makes me feel:

What could I try to improve my situation?

Is there something that I have learned in the past that could help me with this problem?

Who can I ask to help me with this situation?

Name:
How to talk to them:

Name:
How to talk to them:

Name: Boys Town National Hotline
How to talk to them: 800-448-3000 or Text VOICE to 20121

YOUR Life YOUR Voice
www.yourlifeyourvoice.org