

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](tel:800-448-3000) or Text VOICE to 20121

YOUR Life YOUR Voice

www.yourlifeyourvoice.org