

I FEEL...

Imagine you are back in a moment where you were presented with a decision to do the right thing. What were you feeling at that moment?

I NEED...

What did you need to make the best decision at this moment? For example: Maybe you needed more time or space, or to talk to a friend. Write what you needed so you could choose to do the right thing.

COULD YOU...

Write a gentle but reasonable request of what you needed from someone at this moment that would help you to choose the right thing. For example: Could you pray with me? Could you keep checking in on me?

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