

SEEKING HELP

# Overcoming the feeling of 'being a burden'

## TAKE NOTES

*What are some ideas you can implement to give back to those who have/are supporting you?*

## JOURNAL

*What ways do you feel like a burden?*

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## **Overcoming the feeling of ‘being a burden’**

*Are these thoughts actually true, or are they just old stories that you have been telling yourself unnecessarily? What other perspectives could you see this from that may not be as negative or unhelpful?*