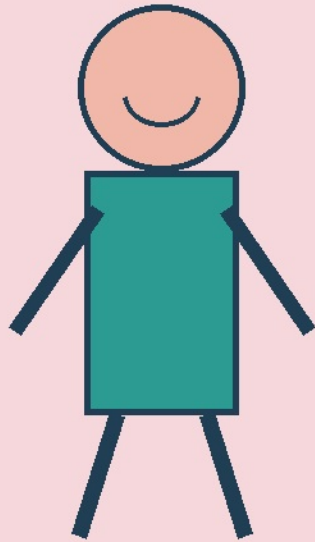


SPACE TO BREATHE

WHAT WORD COMES TO YOUR MIND?

Pause before revealing the answer.



E C T

Who helps you feel understood rather than
judged?

ANSWER

CONNECT

A reflective prompt—not a test. There is room for your own meaning.