



Elephant in The Room Q & A

Sandra Day O'Connor High School
Spring 2020

****This document can also be accessed at <https://www.bloom365.org/faqs>**

Resources:

For additional resources, please visit [bloom365.com/resources](https://www.bloom365.com/resources)

<p>BLOOM365 Advocacy Line and Support Groups</p>	<p>Text or call a BLOOM365 advocate for free, confidential support. Text/Call: 1-888-606-HOPE (4673) Advocacy Line Hours of Operation: Monday-Friday from 3PM-9PM (MST)</p> <p>To reach a specific advocate directly, please feel free to contact our advocacy line and tell us who you would like to speak to.</p> <p>Join us on Monday, Tuesday, and/or Thursday evenings for one of our drop-in support groups (Holidays excluded)! Visit bloom365.org/peersupport for specific dates and times.</p>
<p>Teen Lifeline</p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</p>
<p>National Teen Dating Violence Hotline</p>	<p>Text "LOVEIS" to 22522 24/7</p>
<p>National Domestic Violence Hotline</p>	<p>1-800-799-SAFE (7233)</p>
<p>National Sexual Assault Hotline</p>	<p>1-800.656.HOPE (4673)</p>

Q: Student

A: BLOOM365 Advocate

Q: Is this a class only about relationships?

A: Everything you learned in the Bloom It Up program is applicable to all types of relationships and friendships! Even if you are not currently dating, this information is still relevant to you both now and in future relationships and friendships. Knowing how to develop a healthy self-esteem and how to build and grow healthy relationships with healthy communication and conflict resolution skills are important life skills! It is also our goal to help boost the confidence and skills of yourself and your peers to model empathy, respect, kindness, safety, consent, and bystander accountability as the norm for your generation! We believe in the power of your generation to reach the tipping point moment and to help us uproot abuse and promote healthy relationships for all.

Q: Is constantly verbally fighting a red flag?

A: In short, yes, constantly verbally fighting might be a potential red flag of an abusive or toxic relationship. Abuse does not look the same in every relationship because every relationship is different. One thing most abusive relationships have in common is that the abusive partner does many different kinds of things to have more power and control over their partners. These abusive patterns are what we commonly refer to as red flags. The red flag checklist in your workbook and on [our website](#) might be helpful in determining if your relationship is healthy. If you'd like to discuss this further, we encourage you to reach out to our Advocacy Line at the number above for free, confidential support.

Q: I had a very mentally abusive "best friend" for two years. It made me depressed and anxious. Can that be a sort of trauma?

A: We want you to know that you are not alone, and you are brave for sharing your story with us. Trauma can occur after any distressing or disturbing event, and abuse can happen in any type of relationship and can very often be traumatic for the victim. The red flag checklist in your workbook or on [our website](#) can apply to any type of relationship, including friendships, sibling, parent, and romantic relationships. If some or all of the red flags on the checklist are present, it's a good idea to talk to your parents or another trusted adult about what you're experiencing. If you feel that you are in immediate danger, we encourage you to talk to a trusted adult or contact 911. For more information or free, confidential support, feel free to reach out to our Advocacy Line at the number above.

Q: How do you get out of a toxic relationship without making the other person upset or angry?

A: We understand that it is hard to leave any type of relationship. "I statements" are awesome for ending a relationship because they help you explain why you are choosing to end the

relationship without placing blame on the other person. For example, you could say “I don’t feel like I have enough time to commit to our relationship, so I think it would be best for both of us if we are just friends.” Or “I feel like I am not able to give you what you want in a relationship. I think we should go our separate ways.” This can apply to all types of relationships!

You can end a relationship in a way that makes you feel comfortable. If you feel like the situation could become dangerous or even just too uncomfortable for you, you can do a couple of things: you can make a safety plan to start with, you can have that conversation in a relatively public space like a park, and of course you could always have someone you trust nearby for emotional and safety support for during and after. These types of situations can be difficult for a lot of people. We encourage you to explore the coping strategies we discussed during Dose 6 and find one that best suits you. This could be spending more time with friends, or dedicating time to a new hobby or skill. If you have any questions or need to talk to someone, we encourage you to reach out to our Advocacy Line at the number above.

Q: What if we consent to the domestic abuse?

A: According to the [National Domestic Violence Hotline](#), “ Domestic violence includes behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or force them to behave in ways they do not want. It includes the use of physical and sexual violence, threats and intimidation, emotional abuse and economic deprivation. Many of these different forms of domestic violence/abuse can be occurring at any one time within the same intimate relationship.”

Oftentimes the victim is continuously told that the abuse is their fault by the perpetrator, which can make them start to believe these things. However, it’s important to remember that the abuse is NEVER the victim’s fault.

Consent is the permission for something to happen or agreement to do something. There are 4 important components of consent:

1. A firm and enthusiastic YES! While consent doesn’t always have to be verbal, it’s important that it is clear. If you aren’t sure if someone is consenting or not, ASK THEM! Yes means yes, and maybe does NOT mean yes!
2. Freely given (uncoerced) Coercion is emotionally or physically pressuring or forcing someone to do something that they do not want to do. Some examples include: “If you really loved me, you would do it.” “If you don’t do it, I’m going to break up with you.”
3. Not under the influence Because drugs and alcohol can affect one’s ability to make informed decisions, they often cannot truly give consent. If someone can not give consent, and another person or people take advantage of that, then situations like assault can happen.
4. Must be given/received EVERY single time Yes once does not mean yes for every future act. Consent must be given/received EVERY single time.

It is crucial that we communicate our boundaries with our partners early-on in the relationship. It's always important that both partners are aware of what the other partner is comfortable with to ensure that all actions taken are mutually consented to. As the relationship develops and grows, continuous communication about boundaries is super important! Healthy relationships involve respecting our partner's boundaries! It's also important to know that healthy relationships exhibit love, peace, kindness, emotional respect, and all of the words you see in the blooming flower. If you'd like to talk more about this, we encourage you to reach out to our advocacy line at the number above for free, confidential, non-judgmental support.

Q: I think I may have a friend in a toxic relationship, but I don't know how to address the situation without hurting her feelings

A: We want you to know that you are not alone, and you are a good friend for seeking support. We should first understand the barriers to leaving an unhealthy or abusive relationship (fear, love, dependency, insecurity, etc.). In your workbook or on [our website](#), you can find a "How to Help a Friend" list that might be helpful in starting a conversation with your friend about your concerns. You can also tear out the extra red flag checklist in your workbook and talk to this person about why you are concerned, being really mindful to come from a place of support and not judgment. You can encourage them to reach out to BLOOM365, but recognize that we cannot make people get help if they do not want to. Providing continual support is a good idea. Checking in and making sure they know you are there for them even after the initial conversation is a great option. Sometimes it takes more than one conversation to really get through to someone who is experiencing abuse. The most important thing we can do is let them know that we are there for them when they are ready, make sure they are safe, and let them know that they are not alone. If you recognize the **top 5 risk factors** on the red flags list, it's important to tell an adult you trust because this means that this person could be at risk of getting injured or even killed. For free, non-judgmental, confidential support, you can reach out to our Advocacy Line at the number above. We are here for you and your friend!

Q: What about online relationships?

A: Everything you learned in the Bloom It Up program is applicable to all types of relationships and friendships, whether online or IRL. Strong, healthy relationships (online or in person) involve a balance of power in the relationship, freedom, individuality, safety, and boundaries. Page 16 in your workbook explores your rights and responsibilities within any relationship. It can be useful to look at the blooming and wilting flowers to help you to determine whether a relationship is healthy or unhealthy. If you feel that your relationship might be unhealthy, the red flags checklist in your workbook or on [our website](#) can be a useful tool to evaluate your relationship and identify red flags. Feel free to contact an Advocate at the number above if you'd like to discuss further!

Q: How can someone be able to get help if they were the perpetrator in a toxic relationship?

A: It can be difficult for someone to change unhealthy behaviors they have developed, but they certainly can change if they want to! It is much more likely that this person will be successful in

changing their behavior if the problem is addressed early on, while they are still young. However, it's important to note that this is a decision that the person has to make for themselves. The first step is recognizing the problematic behavior and deciding they want to change. Choosing to have power and control over someone else or to have equality and freedom in our relationships is a deliberate choice that we all make. Reaching out to a trusted adult, such as a teacher, school counselor, or a BLOOM365 advocate, is a great way to find someone who can help them identify what behaviors are harming themselves and others so that they can change them into healthy behaviors. For free, confidential, non-judgmental support, feel free to reach out to our Advocacy Line at the number above.

Q: I had a friend named *** . She would tell me that she cut herself and she told me that she would kill herself if I left her. She would make friends and tell them she would kill herself if they didn't date her. I was friends with her for four years and the last day I was friends with her I told her mom everything she told me and her mom told me "I checked her entire body, there were no scars. She's never cut herself in her life"**

A: We are sorry to hear that you have experienced these things, and we want you to know that none of it is your fault. You have the right to end any relationship that you no longer want to be part of, and it is not your fault that this person has suicidal thoughts. However, when anyone makes threats of suicide or hurting themselves or others, it is very important to take these threats seriously. Someone threatening to kill you or themselves if you end the relationship/friendship is one of the Top 5 Red Flags that increases your risk of being seriously hurt or even killed. The best thing to do in a situation where someone is threatening to hurt themselves or someone else is to call 911, or speak to a trusted adult such as a school counselor or social worker, a parent or teacher, or a BLOOM365 advocate, as soon as you can so that everyone involved can be supported and safe. Even if there are no visible signs of self-harm, there could still be potential harm occurring or the potential for it to happen, so it is better to be cautious and seek help at the first signs someone might be harmed.

Q: I strongly dislike math

A: I really dislike math too, and I'm terrible at it. We are in this together. -Kristina

Q: Is this only about in-love relationships or can this be about family relationships?

A: Everything we discuss during the Bloom It Up program is applicable to dating relationships, family relationships, and friendships. As we learned during the 7 Doses, sometimes family members and friends can be abusive and we would treat this similarly to how we would treat an abusive dating relationship. Leaving an unhealthy or abusive relationship is never easy, and it can become quite complicated when it's a family member that is abusive. However, there is always support and resources available to anyone in these situations and we encourage you to reach out to our Advocacy Line at the number above if you or someone you know is struggling or experiencing abuse.

Q: I've been in some abusive situations but I'm out of it now. I'm wondering how I cope with it because I'm scared to love someone in fear of being hurt and abused again. I've been a victim of verbal, mental, and physical abuse that still have a lasting effect on me.

A: We want to let you know that you're not alone and we are thankful you have reached out and shared your story. What you have experienced is not your fault. You are deserving of healthy, safe, loving relationships. Experiencing abuse can have a lasting impact, and it's important that you are able to deal with these emotions so that you can move forward. Giving yourself time to process feelings and emotions is important. It's also important to be kind to yourself and to be patient and give yourself time for your heart to heal. We all cope with things in different ways and at different speeds. Some people find it helpful to talk to trusted friends or family members, or to engage in healing arts like painting or doing yoga. Other coping mechanisms might look like going for a walk outside, taking a bath, going for a run, or listening to music. In time, it might become easier to open yourself to new possibilities and relationships. We are glad to hear that you are out of those situations now, and always know BLOOM365 is here to support you if needed!

Q: I like banana bread

A: Banana bread is good. I haven't had it for a while though. -Avi

Q: How can I compliment friends and sound more genuine?

A: Sometimes, it can sound weird or be hard to say genuine-sounding compliments. While we can't say we are unsure of any one single way to help to make your compliments sound more genuine, here are some tips: Identify an action or quality that you truly respect or appreciate about who you want to compliment. Next, think about why you appreciate that quality. Connecting the quality in which you are complimenting and why you are complimenting it can help the compliment sound authentic and specific. For example, if your friend threw a party, try saying "I loved how you included games so everyone could get to know each other," instead of saying "that was the best party ever."

Q: What if I think I'm abusive? How do I know if I'm being abusive?

A: Page 16 in your workbook explores your rights and responsibilities within a relationship. Strong, healthy relationships involve a balance of power in the relationship, freedom, individuality, safety, and boundaries. Looking at this can help you to determine if you believe you are being abusive.

If you are being abusive, the first and hardest part of changing is admitting that your behavior is wrong. It's very important to take responsibility for the problem and to get help to end it. If you've already taken this step, you're on the right track. With help, you can change and learn how to treat your partner with true respect. It's extremely important that you get help through this process. If you know you are or think you might be abusive, we encourage you to ask for help. Talk to your partner, friend, or trusted adult about what's going on and discuss how you would like to build a healthier relationship. For free, confidential support, feel free to reach out to our Advocacy Line, as well.

Q: How do I know if someone likes me?

A: Trying to find out if someone likes us can be hard to do. Since everyone has different ways in which they show their affection and you are the expert in your own life, only you can make that decision until you ask them or they tell you. If you'd like to talk more, feel free to reach out to our Advocacy Line for support!

Q: Why'd my dad leave?

A: We encourage you to reach out to our advocacy line at the number above for free, confidential, non-judgmental support. We are here for you.

Q: Do you guys get paid for this. Seems like a cool job

A: BLOOM365 is a group of blooming people in which some are paid, some are interning, and some are volunteers. If you are interested in joining BLOOM365, I encourage you to reach out to our advocacy line, DM us on social media, or email teens@bloom365.org to see how you can get involved.

Q: Is being gay considered a masculine exception?

A: Stereotypes or norms are in place because society wants to limit the rights of a certain group of people. The important thing to know is that these norms and stereotypes are not facts but rather some people's opinions. While it is a norm to be straight, in recent years, we have seen the spectrum of sexuality being stigmatized less. If you would like to learn more about gender and sexuality, feel free to reach out to our friends at [one-n-ten](#) or you can reach out to a BLOOM365 advocate at the number listed above.

Q: You are amazing have a great weekend

A: Thank you so much for the blooming compliment and wish!

Q: Is playing games a type of being abusive?

A: It is difficult to provide a definitive answer to this without knowing more about the 'games' being played. One tool that we can use if we are ever concerned that the relationship might be unhealthy is determining if that person is being caring or controlling. Do I feel free and equal in this relationship or is my partner holding the power? Honesty and Communication are two words in the center of the Blooming Flower because they are important parts of healthy, blooming relationships. We encourage you to check out the flowers and [Red Flags Checklist](#) on our website to determine if this relationship is abusive. If you'd like to talk more about your individual situation, we encourage you to reach out. We are here for you!

Q: I was equally incapable of writing oranges as I was at writing blues

Context: In Dose 5, students are asked to write what one sees about themselves as negative on blue post-it notes. On orange post-it notes later on, they are asked to write what they love about themselves.

A: You are not alone in feeling this way. Focusing on the things we love about ourselves can be one helpful way to lift our self-esteem. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. I encourage you to take a moment to remember the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.). They may be hard to realize what they are but, writing these things down and having them easily accessible can help build your confidence. Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up our self esteem and confidence.

Q: An ex of mine stabbed me and I still get flashbacks from their episode. I am luckily out of that relationship atm

A: First, we want to thank you so much for being brave enough to share and want you to know that you are not alone. We recognize that this material can be difficult to talk about and can be triggering if you have experienced this stuff. We encourage you to do whatever you need to do to take care of yourself- whether that being stepping out of the classroom, putting your head down, or another form of self-care. Please know that our advocates are always available to talk and we'd be happy to meet or talk with you if you need support. Giving yourself time to process feelings and emotions is important. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed! If you need additional support and guidance on coping, please reach out to a BLOOM365 Advocate at the number listed above.

Q: Most of my friends talk bad about each other behind their backs. I love all of them and it feels like the friendship is slowly imploding. How can I help the situation, because it feels like I have to make a choice between one group or another?

A: It may be helpful to utilize the communication technique we learned in Dose 6 to express how this person's actions make you feel. I-statements allow us to take ownership of our own emotions and can help avoid defensive responses. For example, "I feel ___ (emotion) when _____ (situation), can you/we please _____ (solution)? Perhaps sharing how you are feeling and giving them the opportunity to explain their actions could be a good first step. If you feel safe and comfortable, we encourage you to evaluate your own situation and come up with an I-statement that best suits your situation and what you envision as a solution. It's also important to remember that they, as do you, have the right to set boundaries and the freedom to choose who they spend time with. It's also important to recognize that friendships can also be unhealthy. Feel free to text/call our Advocacy Line to discuss further!

Q: What about the glorification of gender exceptions?

A: We don't quite know what you are trying to ask here. We believe that everyone should have the ability and right to safe and healthy relationships. We believe that this includes the right to identify and be who you are in a blooming way. If you would like to discuss this or similar topics further, feel free to reach out to our friends at [one-n-ten](#) or a BLOOM365 advocate at the number above.

Q: I think my bf doesn't like me anymore

A: You are the expert in your own life, so only you can decide if something feels right or wrong. It can be useful to look at the blooming and wilting flowers to help you determine whether your relationship is healthy or unhealthy. You might also find it helpful to have a conversation with your partner about how you're feeling and where your relationship stands. If you feel that the relationship is one-sided, it might be helpful to use the communication technique discussed in Dose 6, called "I-statements," to talk about how you're feeling. If you're unable to make progress using these techniques, you might consider whether this is a relationship you want to maintain. If you'd like to talk about your situation, we encourage you to reach out to an advocate at the number above for free, confidential, non-judgmental support.

Q: What would you do if you were in a sexually abusive relationship, but it happened at a different school and all evidence has been destroyed except your memory and the memories of your peers who know what happened, what would you do then?

A: We are sorry that you have experienced this. We want you to know that you are not alone, and we are glad that you have reached out for support. We encourage you to proceed with a course of action that you feel comfortable and safe doing. Even if you believe that all evidence has been destroyed, it still might be helpful to talk to a trusted adult about what you've experienced so that you can be supported, safe, and on a path to healing after experiencing abuse. We encourage you to talk to a trusted adult about what you've experienced. You can also reach out to our Advocacy Line at the number above to talk more about this situation and the many possible actions you could take, when you feel ready.

Q: Do we have to present the projects?

A: Although we typically say that the creative projects are not mandatory, your teacher may be grading them. Although we hope that you complete a project and are willing to present it, we cannot force you to present it.

Also, remember that the project only has to relate to the material that we have covered in class. It can be in any type of medium. Want to make a song, do that. Like to write? write. Draw? Draw. It is up to you how you create your project!

Q: This is mildly undermining my own beliefs. I'll take what I can get

A: We are glad that you enjoyed the class and the content. We hope that this has helped you in a beneficial way. If you would like to ask us any more questions, don't feel afraid to contact a BLOOM365 advocate at the number listed above.

Q: Why doesn't my mother love me?

A: We are unable to answer this question. However, we encourage you to reach out to our advocacy line at the number above for free, confidential, non-judgmental support. We are here for you.

Q: How do I tell my parents about things I'm uncomfortable with?

A: It can be difficult to initiate conversations with our parents about uncomfortable topics, but sometimes it's necessary. The best thing we can do is be honest and open. It might also be best to have the conversation on a day that is low-stress and casual, rather than a busy or stressful day. The most important thing to do is reach out in a way, and to the person, that makes you feel most comfortable. Talking about topics that we find uncomfortable can be hard, but your parents can help provide support and can help you depending on the topic. If you don't feel comfortable telling your parents everything, you can just let them know what's important about the topic, or how you feel. You also have the option to reach out to someone who is not your parent, for instance, a school social worker or a BLOOM365 Advocate at the number above if you want to "test" the conversation. We are here for you!

Q: How do I answer when somebody asks for consent and I don't want to take part in it, but I feel bad?

A: Saying no should be as simple as just, well, saying no. In reality, you might feel pressured, guilty, manipulated, or coerced when you say no. You deserve to have your boundaries respected.

"No" is such a simple word. But saying no can be hard when you're saying it to someone you care about. Here are some tips for turning down sex/saying you do not consent:

- Say "no." If they ask again, remind them, "I just said no, and no means no." You don't owe anyone, even someone you love, an explanation for why you don't want to do what they want you to do. You can explain if you want, but you don't have to.
- Tell them what you do want to do: kissing, touching, watching a movie together, etc.
- Be clear and direct. Look them in the eyes and use a serious tone of voice.
- You can also let them know that you really do like or love them, but you're just not ready for sex (or any other activity they have proposed).

If your partner pressures you or threatens to break up with you because you don't consent, it's a sign that you're in an unhealthy relationship. If you would like to talk with a BLOOM365 advocate further, feel free to reach out to our number listed above.

Q: How do you confront someone if you feel unwanted by them?

A: It can be difficult to determine the root of your feeling of being unwanted. The very first thing to do is to become self-aware of what you are feeling and then to approach who you feel unwanted by. Talk to them about how you feel. It may be helpful to utilize the communication technique we learned in Dose 6 to express how this person's actions make you feel. I-statements allow us to take ownership of our own emotions and can help avoid defensive responses. For example, "I feel ___ (emotion) when _____ (situation), can you/we please _____ (solution)?" Perhaps sharing how you are feeling and giving them the opportunity to explain their actions could be a good first step. It's also important to remember that they, as do you, have the right to set boundaries and the freedom to choose who they spend time with. Feel free to text/call our Advocacy Line to discuss further!

Q: What they answered was not what I asked AT ALL. If someone was GENUINELY uncomfortable, and didn't say anything. Not say that patrol cause they are uncomfortable

A: While we aren't totally sure if we're understanding your submission correctly, we'd like to offer a few points to consider. If someone didn't understand your question through Advocacy or during the 7 Doses, we apologize and we encourage you to reach out again so we can clear up any questions you might have. We are here to support you!

Saying no should be as simple as just, well, saying no. In reality, you might feel pressured, guilty, manipulated, or coerced when you say no. You deserve to have your boundaries respected. If you have experienced sexual harassment or assault, it's important to remember that sexual harassment or assault is never your fault. If this happens in public, we first advise you to try to move away from the perpetrator. If you can't get away due to being in a close space, then try to shift your body to displace their movements, or get out of their eyesight. If you've managed to get away, or they have left, you have a few options that you can do. First and foremost it is important to look after yourself. Make sure you're okay. Have a sit down somewhere, go for a walk, or text a trusted friend or adult. It is also a good idea to report these incidents.

If you know someone who has been abused, checking in and making sure they know you are there for them even after the initial conversation is also a great idea. Sometimes it takes more than one conversation to really get them to open up, but it can be helpful that they know that you are there for them when they are ready. If you would like to talk with a BLOOM365 advocate further, feel free to reach out to our number listed above.

Q: I've been having a lot of anxiety lately, but since I haven't been diagnosed with any sort of mental condition I start to get upset with myself for feeling anything at all because I know that others are much less fortunate, and I feel angry with myself for not being able to help them.

A: Thank you for sharing and reaching out for support. You are not alone in the way that you are feeling. Anxiety is a feeling experienced by almost everyone, at least at some point in their life. As you seem to be experiencing more anxiety than normal, we encourage you to talk with a trusted adult. Whether that be a parent, guardian, teacher, school social worker, or another adult, they may be able to help you in the process of finding support. It may feel frustrating when you are unable to help others, but you must help yourself first before you can successfully help others.

Here are some additional tips to help you cope with achieving better self-esteem: Know that mistakes are lessons, view them as learning opportunities. Don't ever think you're inferior or less than anybody else. Nobody is perfect. Remind yourself that everyone excels at different things. Focus on what you're good at, what makes you unique and cheer others on for their success. Try new things, set goals. Take care of yourself by exercising, eating well, and sleeping properly.

Q: I'm a gay man and was sexually assaulted by my ex partner but don't want to/haven't told anyone because he isn't out and now I don't know how to trust my current boyfriend + to get over what happened

A: We want you to know that you are not alone, and you are brave for sharing your story and reaching out for support. What you have experienced is not your fault. If you are looking for support, there are always people who want to help. It might be helpful to talk with one-on-one with someone you trust or someone who is trained to support sexual violence survivors, or even to join a support group. You do not have to do anything that you find uncomfortable, but we suggest you focus on yourself and your wellbeing. If you decide you want to talk to someone about what happened, you can reach out to our Advocacy Line at the number above for free, confidential, non-judgmental support.

We recognize how hard it can be when you've been hurt in a previous relationship. Using I-statements can be a helpful communication tool that allows us to express our emotions without placing blame. You might try something like, "I feel _____ (emotion) because of what I've experienced in the past. I don't believe that you would ever intentionally hurt me in the same way, but I hope that you can understand that I am being cautious as a way to protect myself from experiencing that again." We encourage you to evaluate your own situation, emotions, and potential solutions to create an I-statement that works for you.

Q: Stay strong

A: Thank you for your kind and #blooming submission!