

"Morning Truth for Tender Hearts"

Thursday, May 7

Here are the email excerpts I'll be responding to on Thursday, May 7th, during "Morning Truth for Tender Hearts" at 6:30 AM Pacific via Facebook LIVE in the **Sensitive and Strong Sisters** Facebook group (<https://www.facebook.com/groups/SensitiveAndStrongSisters/>)

What would help me sleep better tonight is knowing that _____ will happen on it's planned date of _____ in _____.

I'm scared an incarcerated loved one will die from Covid 19.

I'm afraid we will not be able able to retire due to draining our funds.

If I knew that the people I love so much would be safe from the sickness and from losing their jobs.

If the people who are hurting through all of this would be ok. I'm so sad knowing about all of those people suffering.

Going from fine to considering all the current challenges for vulnerable asylum seekers, refugees and the poor around the world and suddenly feeling powerless and saddened by all this!

The unknown of what it looks like on the other side.

What specific aspect of these email excerpts resonates most?

1. Look Up:

2. Notice & Name:

3. Normalize:

4. Neutralize:

5. Make an Intentional Choice:
