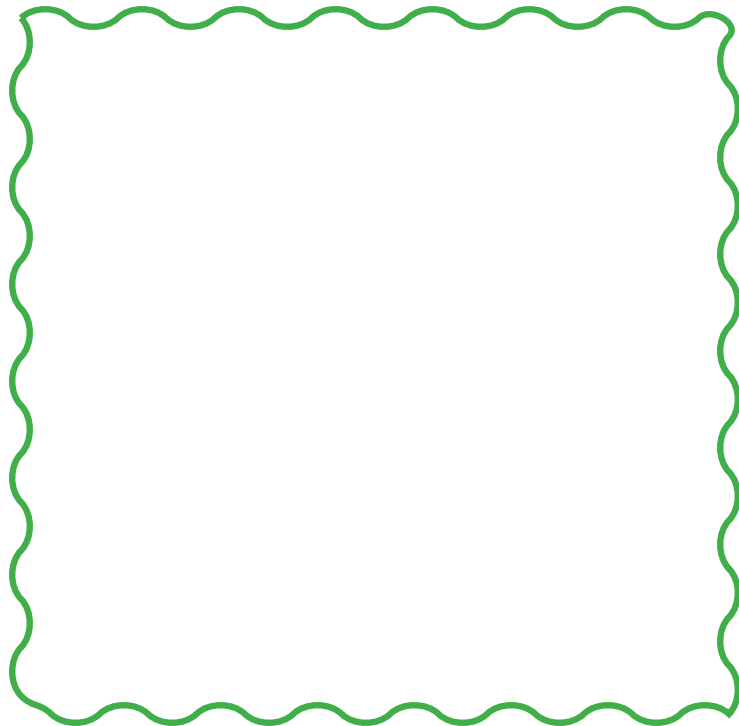
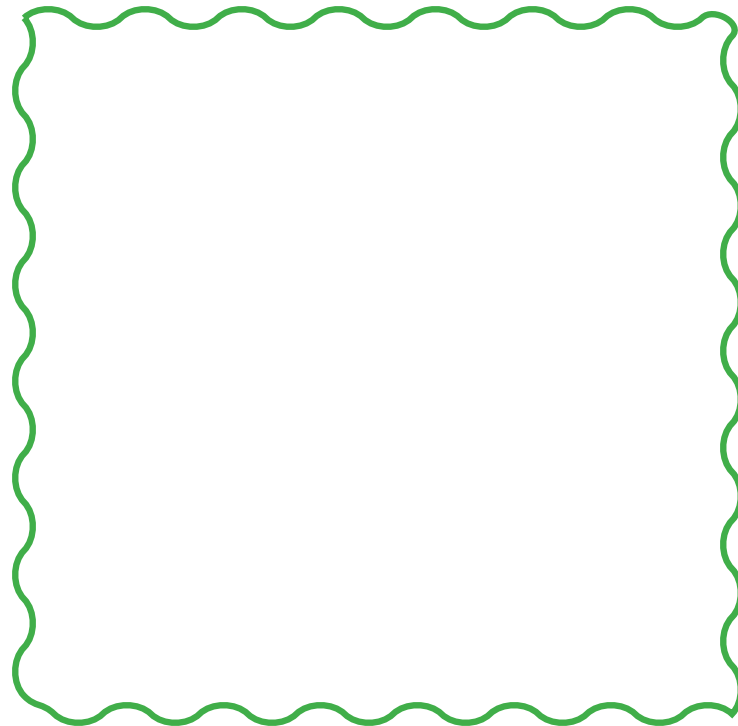


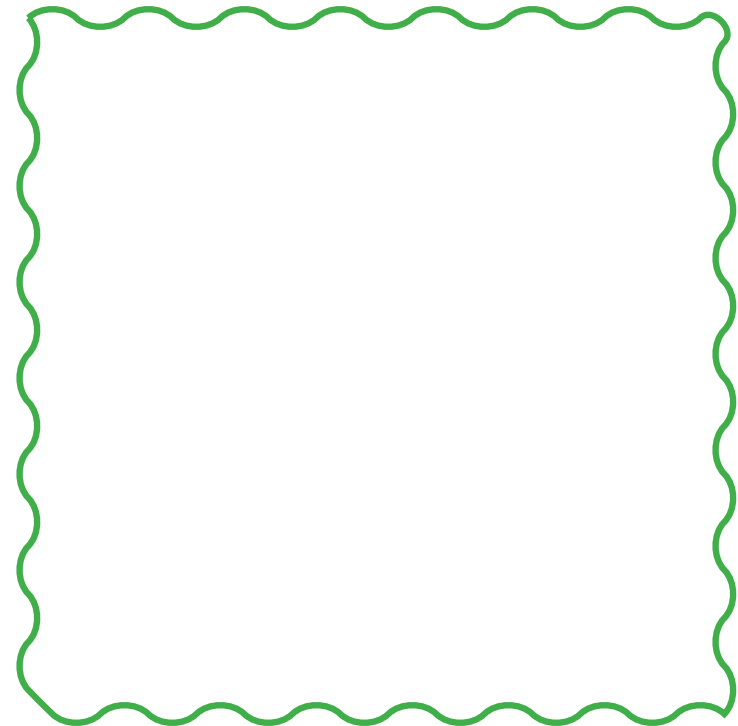
Within the past week, what's one way someone has taken care of you? How have you taken care of yourself within the past week?



How does it feel to depend on someone/something else? How about when someone/something else depends on you?



What's one way you like to connect with yourself? What about with other people?

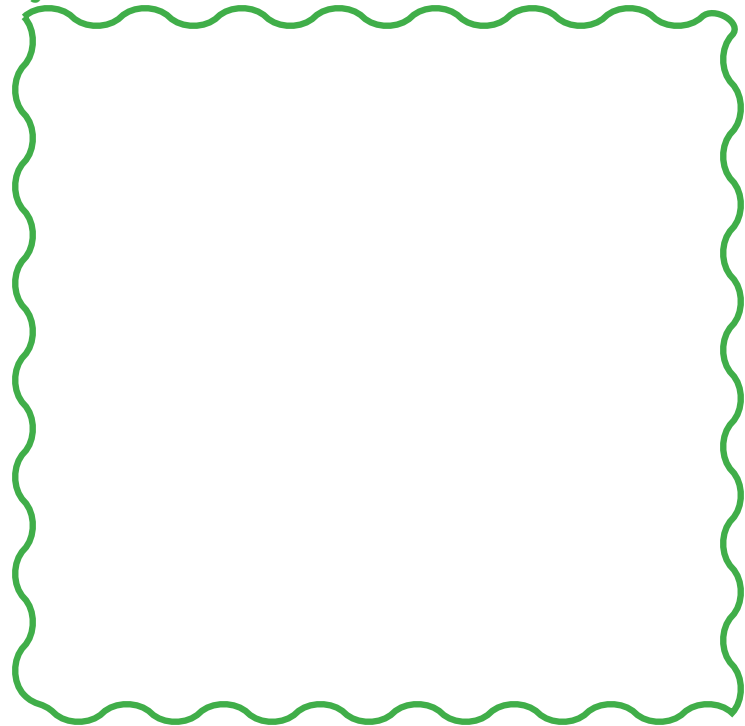


What does it feel like to choose to be vulnerable with another person? How about when someone chooses to be vulnerable with you?

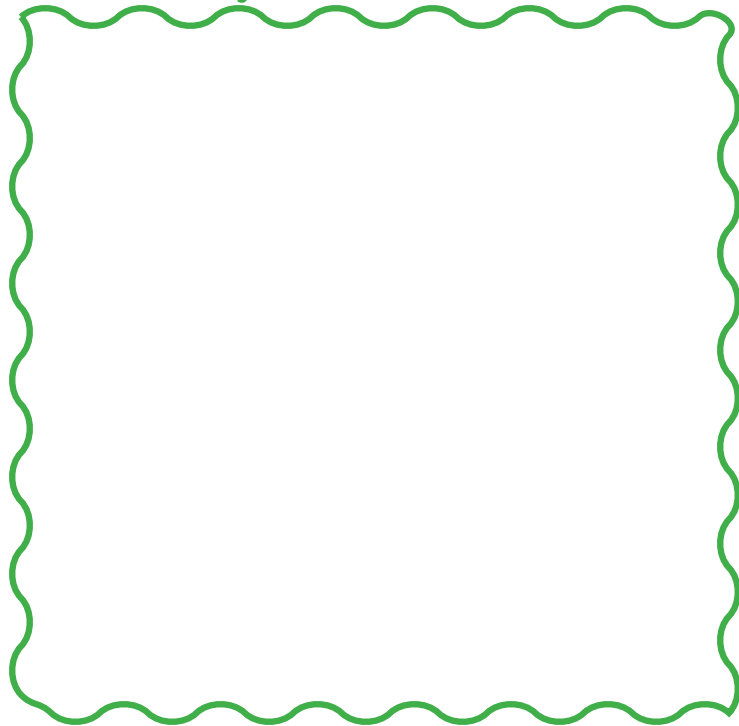
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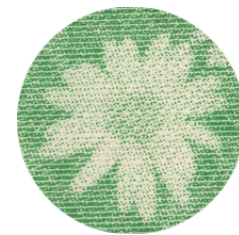
What's one act of maintenance or upkeep you've done this week? How about an act of maintenance you've relied on?



How have you/do you build community? Do you feel connected to a specific community?



I invite you to fill in this workbook with whatever you'd like. You can write, draw, paste in, cut out any type of response inspired by the questions. Please spend up to a week with it and then send it back to me with however much you've filled in.



WORKBOOK