

# My Voice: Sharing How I Feel During Social Care Involvement

*This page is about you. There are 10 questions to help you share how you feel and what is important to you. You can draw or write your answers. There are no right or wrong answers, and you do not have to answer every question. An adult can help you if you want.*

What makes you feel safe?	What makes you feel unsafe or worried?	Who do you trust to talk to when something is wrong?	What is the best thing in your life right now?	What is the hardest or worst thing in your life right now?
What do you wish could change at home?	What do you want adults to understand about you?	If you had three wishes, what would you wish for?	What do you want to happen next?	How do you feel about talking to people like social workers?

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**2** [WWW.ANXIETYHELPBOX.COM](http://WWW.ANXIETYHELPBOX.COM)



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