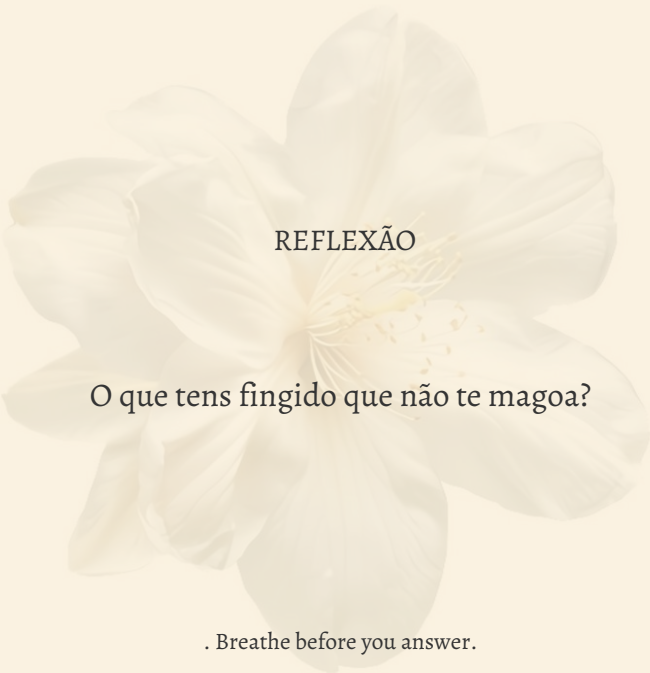


REFLEXÃO

Which version of yourself have you not yet been able to forgive?

Who would you be if no one were watching?

. Breathe before you answer.



REFLEXÃO

O que tens fingido que não te magoa?

. Breathe before you answer.

REFLEXÃO

When was the last time you were truly yourself?

. Breathe before you answer.

REFLEXÃO

Em que momento deixaste de ser quem eras?

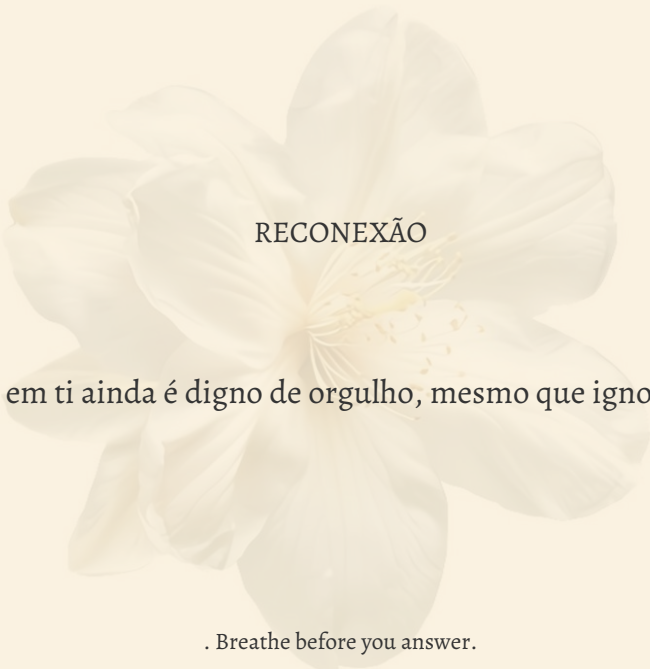
. Breathe before you answer.



RECONEXÃO

If you treated yourself like someone you love, what would
change today?

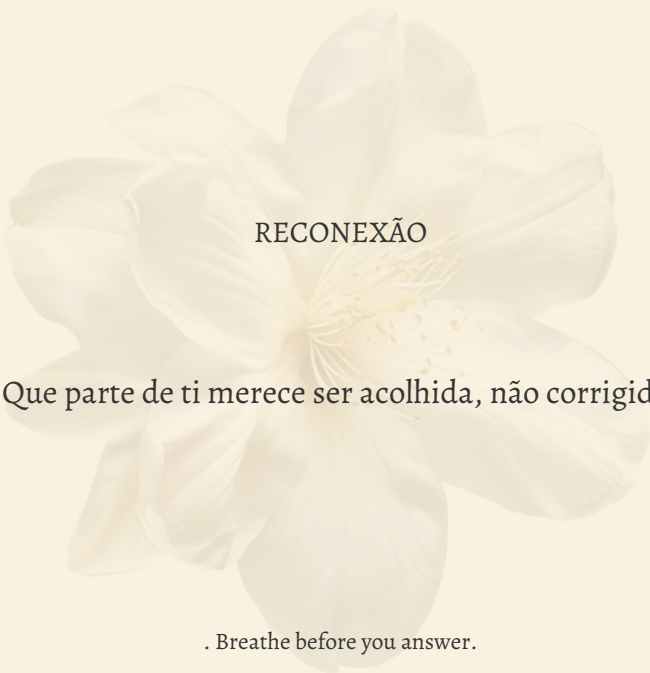
. Breathe before you answer.



RECONEXÃO

O que em ti ainda é digno de orgulho, mesmo que ignores isso?

. Breathe before you answer.



RECONEXÃO

Que parte de ti merece ser acolhida, não corrigida?

. Breathe before you answer.



RECONEXÃO

What do you need to hear but have been avoiding saying to
yourself?

. Breathe before you answer.



RECONEXÃO

O que significa, para ti, recomeçar de verdade?

. Breathe before you answer.



CONFRONTO

Estás a ser fiel a ti ou ao que esperam de ti?

. Breathe before you answer.



CONFRONTO

O que te impede realmente de mudar agora?

. Breathe before you answer.



CONFRONTO

What are you avoiding because you know it would change
everything?

. Breathe before you answer.



CONFRONTO

Estás a viver ou apenas a sobreviver?

. Breathe before you answer.

AMIZADE

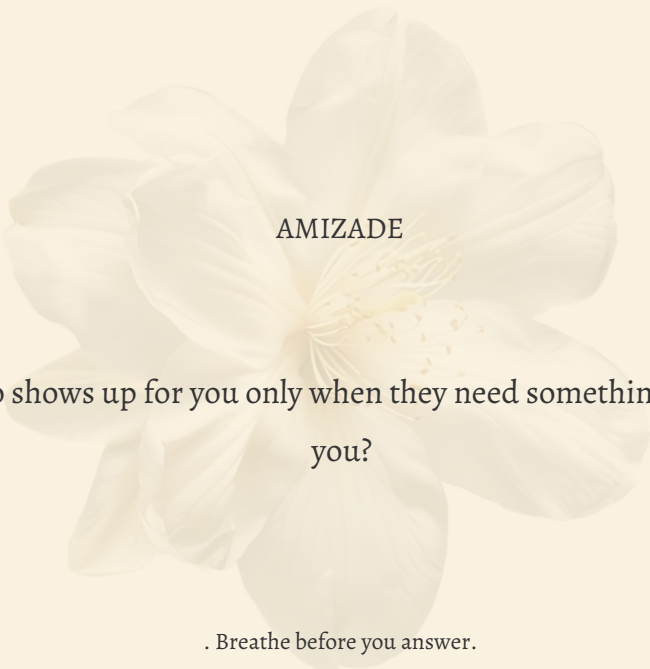
Que amizade te fez perder mais de ti do que te acrescentou?

. Breathe before you answer.

AMIZADE

Que amizade te fez perder mais de ti do que te acrescentou?

. Breathe before you answer.



AMIZADE

Who shows up for you only when they need something from
you?

. Breathe before you answer.



AMIZADE

Have you ever felt invisible in a friendship?

. Breathe before you answer.



EMOCIONAL

O que aprendeste sobre ti através das tuas relações?

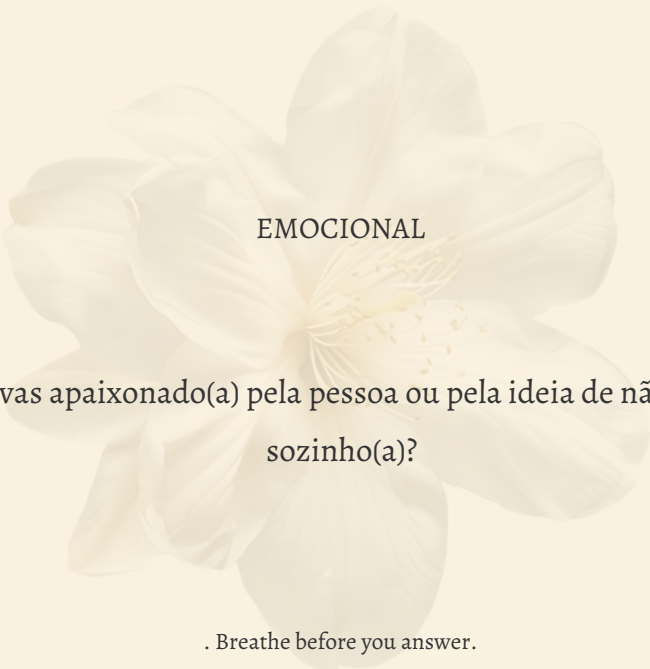
. Breathe before you answer.



EMOCIONAL

Se pudesses voltar atrás, o que não voltarias a aceitar?

. Breathe before you answer.



EMOCIONAL

Estavas apaixonado(a) pela pessoa ou pela ideia de não estar
sozinho(a)?

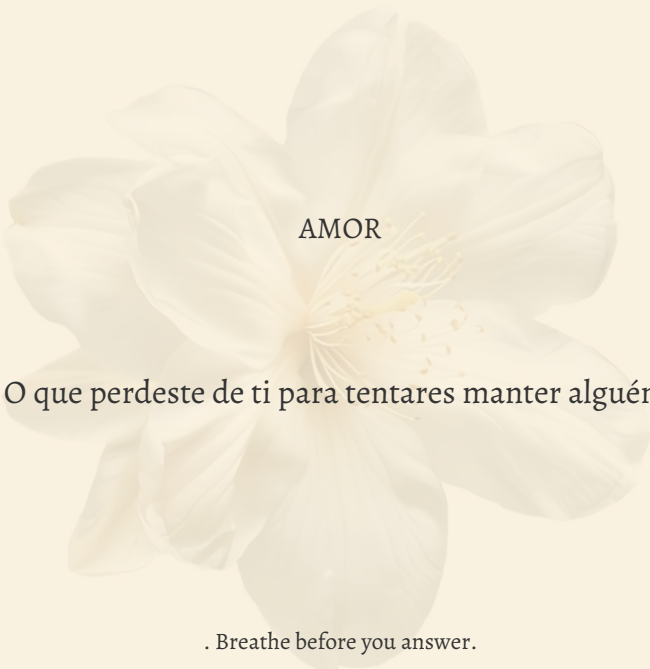
. Breathe before you answer.



AMOR

Em que momento deixaste de ser tu na relação?

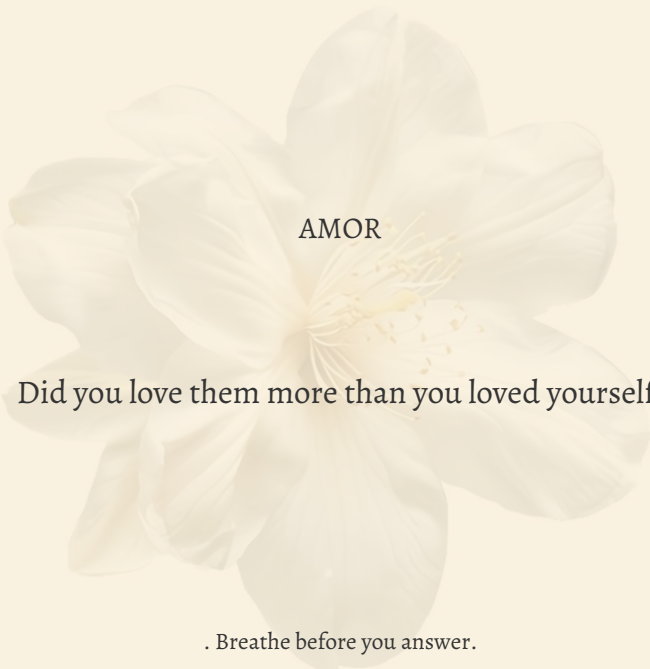
. Breathe before you answer.



AMOR

O que perdeste de ti para tentares manter alguém?

. Breathe before you answer.



AMOR

Did you love them more than you loved yourself?

. Breathe before you answer.