

# Let's talk

Worksheet: Print, laminate and use the cards below for authentic and meaningful conversations with others. Be patient, validate feelings and use age-appropriate language



Brain  
Connect

## Brain Injury

Was there ever a time you felt responsible for what happened?



Brain Injury

What questions do you have?



Brain Injury

What is the last thing you think of when you go to sleep?



Brain Injury

What has helped you to feel better?



Brain Injury

What are you worried about?



Brain Injury

Is there something you wish you could say to your special person but haven't?



Brain Injury

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## Brain Injury

What do you know about what happened to your special person?



Brain Injury

What are some things you don't understand about the injury and would like to learn more about?



Brain Injury

Has your role in the family changed? If so, how?



Brain Injury

Are there things you miss in your life? If so, what?



Brain Injury

How can other people support you?



Brain Injury

Who do you talk to when you need support or just want to vent?



Brain Injury

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## Brain Injury

What do you think is the hardest part for your special person?



Brain Injury

What do you wish others understood about your family's situation?



Brain Injury

Do you ever feel guilty for wanting things to go back to normal?



Brain Injury

Have you ever felt like you needed to hide your emotions from others?  
Why or why not?



Brain Injury

Do you feel like others understand what this has been like for you?



Brain Injury

Do you ever feel left out?  
Why or why not?



Brain Injury

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## Resilience

What have you learned about yourself since the injury happened?



Resilience

In what ways have you become stronger after going through this?



Resilience

What things do you appreciate more now than before the injury?



Resilience

Describe what is important to you in life



Resilience

Have you discovered new ways to handle stress or difficult emotions?



Resilience

How have you felt closer to certain people since the injury happened?



Resilience

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## Resilience

What are the things  
you did well to get  
through difficult  
times?



Resilience

Do you feel more  
confident in your  
ability to handle  
challenges?



Resilience

What new strengths  
or abilities have you  
acquired?



Resilience

What advice would  
you give to others  
going through  
something similar?



Resilience

Who, and what, has  
supported you the  
most?



Resilience

What dreams and  
goals do you have  
for yourself?



Resilience

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## Resilience

What brings you happiness and comfort?



Resilience

What are some small victories or successes you've had, even on tough days?



Resilience

How do you express your emotions in a helpful or healthy way?



Resilience

How has your experiences shaped you as a person?



Resilience

If you could give your past self advice at the start of this journey, what would you say?



Resilience

What makes you feel safe and understood?



Resilience

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## Expression

How would you describe yourself in a few words?



Expression

What is one thing you wish to happen in the near future?



Expression

What is one thing you would like to learn in the future?



Expression

What are some things you love about yourself?



Expression

What do you love most about the world, or your family?



Expression

What is your idea of a perfect day?



Expression

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## Expression

What is the best thing that happened to you today?



Expression

What is one thing new you would like to try?



Expression

What is something that always makes you laugh?



Expression

What are some things you love about your family?



Expression

What is something nice you can say to yourself every day?



Expression

Describe something you've learned to accept that used to be difficult



Expression



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## Mindfulness

Why do you think it is important to be patient?



\_\_\_\_\_

Mindfulness

Why do you think it is important to be kind?



\_\_\_\_\_

Mindfulness

What do you think it means to be compassionate towards others?



\_\_\_\_\_

Mindfulness

Describe a time when you forgave someone. How did it make you feel?



\_\_\_\_\_

Mindfulness

Why do you think it is important to be honest?



\_\_\_\_\_

Mindfulness

Why do you think it is important to be calm?



\_\_\_\_\_

Mindfulness

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## Mindfulness

Tell me about a time  
when you felt it was  
hard to be calm



\_\_\_\_\_

Mindfulness

Tell me about a time  
when you felt it was  
hard to be patient



\_\_\_\_\_

Mindfulness

Who are some  
people you are  
thankful for and  
why?



\_\_\_\_\_

Mindfulness

Why do you think it  
is important to not  
worry about the  
past or the future?



\_\_\_\_\_

Mindfulness

Why is it important  
to be accepting of  
people's  
differences?



\_\_\_\_\_

Mindfulness

What makes you  
feel most calm?



\_\_\_\_\_

Mindfulness

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## Inquiry

What do you think is the best job in the world and why?



Inquiry

Describe a time when you did something that you didn't think you'd be able to do



Inquiry

What are some things that spark your curiosity?



Inquiry

What is one lesson you have learnt from the past?



Inquiry

Describe one thing you hope to do differently because of what you've been through



Inquiry

How do you balance taking care of yourself with helping others?



Inquiry