r u mad @ me?

u have to tell me if ur mad at me

reflection questions for alternative approaches to navigating conflict, insecurities, and curiosity

therapeutic journal prompts

Zine #8

More questions about regulating and unmasking on flip side of this zine. Follow directions below:

Reach out to
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How do I handle and experience negative perceptions or perspectives of me? How do I want that to develop?

How can I not be defensive or anxious around them when I feel like they're mad at me?

If they are mad at me, what do I want to do about it? How do I want to feel about that?

Why have I asked or why do I want to ask 'r u mad at me'? What does that question do for me?

What feelings come up for me when I believe they're mad at me?

How have people responded and reacted when I asked 'r u mad at me'? How do I want people to respond?

What are examples of questions people can ask that I am more receptive and open to when they need to work through complicated feelings with me?

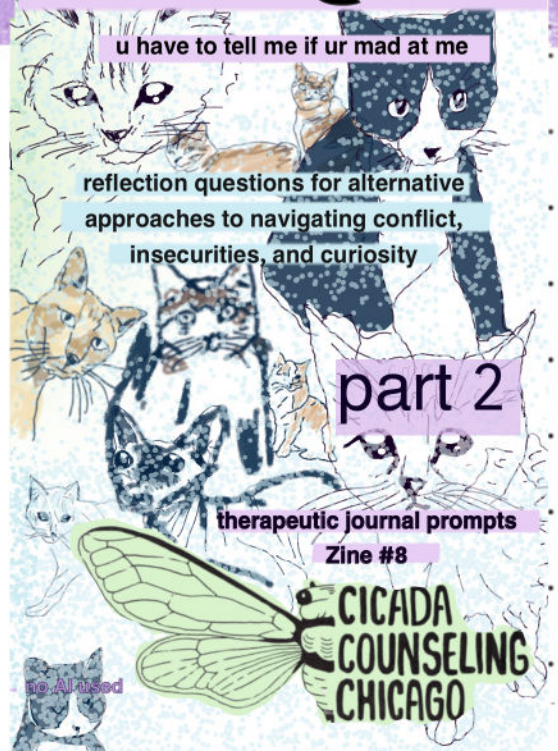
What are some more specific questions I can ask that can help me work through insecurities and conflicts in my relationships?

How have I felt when someone else has asked me if i'm mad at them? How did that impact me? How did I react and respond?

What have people reflected back to me about how they feel when I've asked them 'are you mad at me'?

How can I root my curiosity in confidence and compassion rather than insecurity and anxiety?

r u mad @ me?



What insecurities are activated when I believe someone is mad at me?

How do I want people to feel when I ask about their emotions towards me?