

Please print all answers neatly

Your Name: _____

QFTC:

Are you living well? _____

You doing good? _____

Did you hear anyone else say that? _____

What's the plan, what's the way forward? _____

How soon is Now? _____

Do you remember the time before the ache of plastics in your bloodstream? _____

Can you hear them singing? _____

Do you grieve it? _____

God it's pointless, you know that right? _____

You know it's already burning, don't you? _____

What's going to save you when the water's at the door? _____

Will it be that Self Love journal and Be Kind t-shirt you bought from Amazon? _____

Do you reckon the sweatshop that made it, packed it, had their workers practice Self Care? _____

Have you been practicing mindfulness? _____

Did it help? _____

You know what helps me when I'm down? _____

Can I let you in on a secret? _____

When cars fill with water a vacuum seals the door, did you know that? _____

If there's any love to still be found, don't you think we'd know about it? _____

You still think someone is coming to save you? _____

Here's your gold sticker star, good luck darling.