

QUIET BOX

A STEP BY STEP TOOL THAT ALLOWS
CLIENTS TO COMMUNICATE FEELINGS NON-
VERBALLY!

INSTRUCTIONS:

CUT OUT EACH OF THESE PHRASES TO MAKE YOUR OWN THERAPY QUIET BOX. PUT IT INTO A BOX OF YOUR CHOOSING AND DECORATE! FILL OUT THE BOTTOM ONES WITH YOUR OWN THOUGHTS. BRING IT TO YOUR NEXT THERAPY SESSION TO EXPRESS DIFFICULT FEELINGS! GOOD LUCK!

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I NO LONGER FEEL THE WILL TO LIVE. WHAT DO I DO?

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I FEEL SHAMEFUL ALL THE TIME. THIS IS WHY:

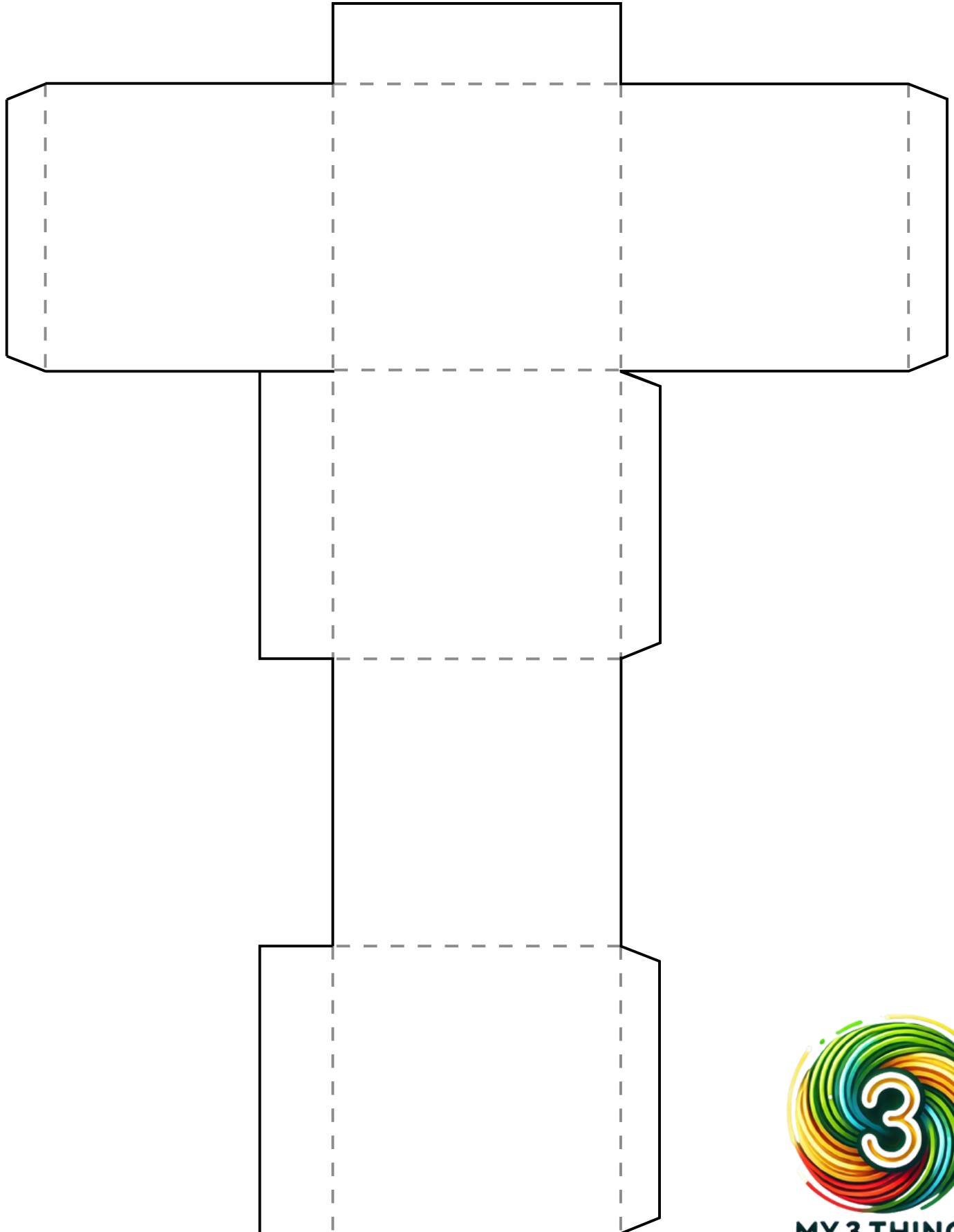
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HERE ARE SOME WORDS THAT I FEEL DESCRIBE ME:

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CREATE YOUR BOX!



MY 3 THINGS

Bring this to your next therapy session.



Express what feels to difficult to say right now. I wish you all the best!

