

# Social Stabilization Quizz



Check if:	
I feel lonely,	<input type="checkbox"/>
I feel insecure	<input type="checkbox"/>
I think that I can't be helped	<input type="checkbox"/>
No-one is here for me	<input type="checkbox"/>
Nobody care about me	<input type="checkbox"/>
Nobody understand me	<input type="checkbox"/>
I'm worthless	<input type="checkbox"/>
Number of boxes checked:	

**Take time to consider doing  
the activity #5 to help you stabilise yourself  
Please go to **Butterfly Hug in a group Activity****