

## I'm an Introvert

### My Love Language is

Acts of Service &  
Words of Affirmation

I love helping my friends out, especially when they thank me and do something nice for me in return. I'm a people pleaser.

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### On Bad Days Or If I'm in a Bad Mood

I get really anxious and my ears twitch. I also don't like to burden my friends with my emotions. I withdraw and figure things out on my own.

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## I'm Getting Better at

- Putting myself first.
- Being confident & brave.
- Talking to new people.
- Saying "no" to my friends.
- Doing things for myself without needing outside validation or approval from others.

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When I'm upset or triggered, it's my job to notice it and take care of myself.

### What I can do is

- Slow down! Take deep breaths to slow my pulse and my thoughts.
- Remember, it's okay to be scared. My feelings are always valid.
- Recall times I was brave because I am brave.

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## My Attachment Style Anxious

I'm hesitant.  
I can be overwhelmed by emotions, both mine and yours. I get anxious when we're apart or I don't know what's going on. Sometimes I'm clingy. I have a lot of mixed thoughts and feelings.

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### When I was a kid...

I was small and weak and no one really helped me.

### So I'm triggered by

- Being small and not able to help out.
- Being told I'm doing it wrong.
- Not being appreciated for my efforts.

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## When I'm upset, please DO

- Acknowledge & validate my feelings are facts.
- Ask "How can I love and support you?"
- Ask if I might like to have a cup of tea and talk about it or if I want time and space to be alone and think.

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### As a kid I escaped my troubles by

Imagining I had friends to play with who appreciated me & my help.

### And I'd often get lost in

My imagination

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## I'm Really Good at

- Saying how I'm feeling in the moment.
- Helping people out.
- Spotting Danger.
- Leaving the last piece of candy for my friends.

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Now, when I'm overwhelmed or triggered,

### I react by

- I panic & run.
- I hide & remind myself to try to be brave.
- I can't seem to get my words out because I'm so worried & anxious.
- I get clingy.

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## I feel most intimate when

We are doing something together and my help is being appreciated.

Let's fix something or make lunch or find someone who needs help.

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## I Selfcare By

Doing something for myself like something easy that I've been putting off because I've been so busy helping others.

Going for a walk.

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## My Spirit Animal

Is a lion because they are so very big & brave and I would so very much like to be brave someday too.

## My Hogwarts House Hufflepuff

I am patient, loyal, hardworking, & honest.

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## When I'm upset, please DON'T

- Criticize me or the work I'm doing or just did.
- Invalidate my feelings.
  - Tell me to be brave.
- Say a bunch of stuff because my mind is already racing.

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# Piglet's Guide to being a Good Piglet & Helping Out

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## I'm Happiest When

I'm with my best friend, Pooh, and he is thanking me for helping make lunch and we are at home where it is cozy, and we are far away from scary or dangerous things.

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## Printing Directions

1. Print front and back so pages 1 & 2 end up on the same piece of paper. For example: my printer settings are:  Print both sides.  Flip on Short Edge.
2. Cut the page in to 4 quarters by cutting it in half twice; once horizontally and once vertically. (So 1 and 14 are on a piece, 3 & 12, 5 & 10, and 7 & 8.) I recommend using a paper cutter set to 5.5" and then 4.25". Otherwise, fold page in half twice, unfold and use the folds as guides to cut on.
3. Stack up the 4 smaller pieces of paper using the page numbers (1,3,5,7 will stack from bottom to top with 7 & 8 becoming the center of the book.
4. Fold the stack in half to make a booklet.
5. Optional: add a staple or two on the spine to create a binding.