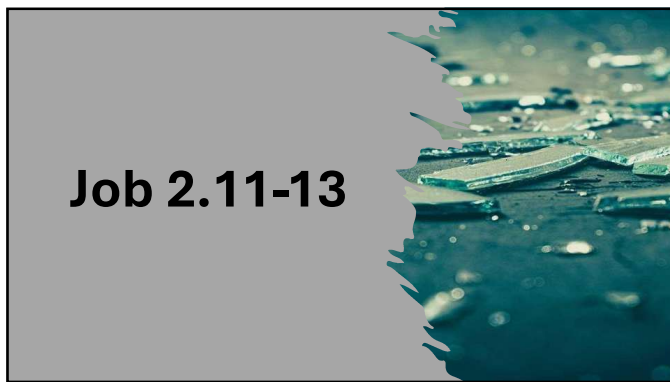





1



2

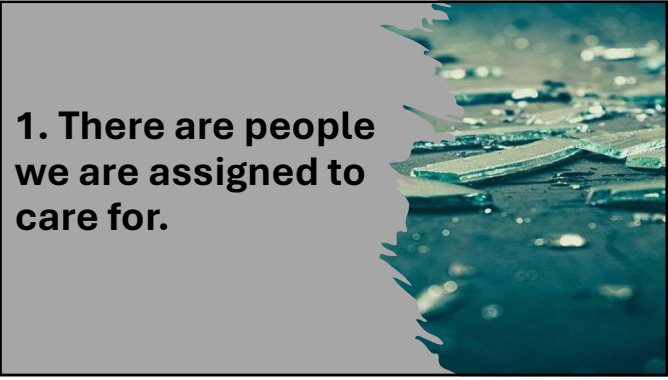


3



Helping others in the Really Hard Stuff?

4



1. There are people we are assigned to care for.

5



2. There are hurts and hardships we are supposed to step into.

6

**3. There are times we
are supposed to bite
our tongues.**

7

Now what?

8
