**Stand Up for ME (THEN KNEEL)**

**Phalanx is a body of warriors standing shoulder to shoulder with shields joined.**

I often feel alone

I often feel like an imposter

There is something new I want to try but fear is holding me back

I am often filled with uncertainty

I know I have what it takes but sometimes I feel like giving up

I often feel like I’m drowning in life

I often feel unlovable

I often feel misunderstood

I often don’t feel good enough

I sometimes feel drained of all energy

I sometimes feel I don’t matter