

Name \_\_\_\_\_

## Courageous Hearts: A Sonnet on Seeking Help

### Multiple Choice Questions

1. What is the main theme of the Sonnet poem "Courageous Hearts: A Sonnet on Seeking Help"?
  - a) The importance of hiding one's feelings
  - b) The power of vulnerability and seeking help
  - c) The value of silence and solitude
  - d) The significance of strength in isolation
  
2. According to the poem, what does courage involve when facing vulnerability?
  - a) Showing vulnerability is a sign of weakness
  - b) Seeking help is an act of bravery
  - c) Fearing vulnerability is natural
  - d) Hiding behind a mask is always the right choice
  
3. What is the message of the poem regarding asking for help?
  - a) Asking for help is a sign of shame
  - b) Seeking help is a path to healing and strength
  - c) We should never seek help from others
  - d) Help from others is unnecessary
  
4. How does the poem describe the impact of seeking help on a community?
  - a) It tears the community apart
  - b) It creates division and hostility
  - c) It builds common ground and fosters healing
  - d) It isolates individuals further
  
5. What kind of world does the poem suggest we can build through vulnerability and seeking help?
  - a) A world of silence and solitude
  - b) A world of competition and rivalry
  - c) A world where love is the beating heart
  - d) A world where strength is everything

