

Name _____

Courageous Hearts: A Sonnet on Seeking Help

Short Answer

1. How does the poem define courage in the context of showing vulnerability and seeking help?
2. What does the poem say about the significance of asking for help when facing challenges?
3. How does the poem characterize the act of showing vulnerability and seeking help as a healing path?
4. What is the message conveyed by the line, "Together we can mend what's torn apart"?
5. How does the poem describe the ultimate result of embracing vulnerability and seeking help?

