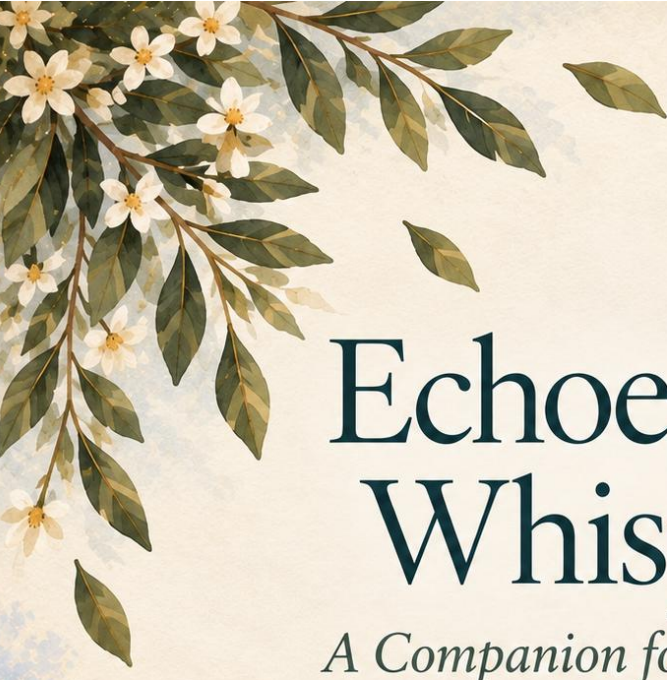


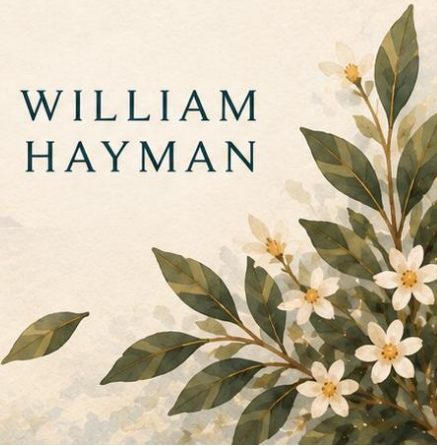


Echoes and Whispers

A Companion for Reflection



WILLIAM
HAYMAN





Copyright © 2026 William Hayman

All rights reserved.

This companion features illustrations created with the assistance
of generative AI and carefully edited by the author.

Imprint: Independently published

*A quieter space
for deeper reflection.*





A Note Before We Begin

There is no right way to use these pages.

You might move through them from beginning to end, stop at something that speaks to you, or leave a page unfinished and return to it another day.

Some questions may bring an answer immediately. Others might stay with you for a while. Both are okay.

Echoes and Whispers began with something I have learned again and again from listening to children; that sometimes the simplest words can hold far more than we first realise.

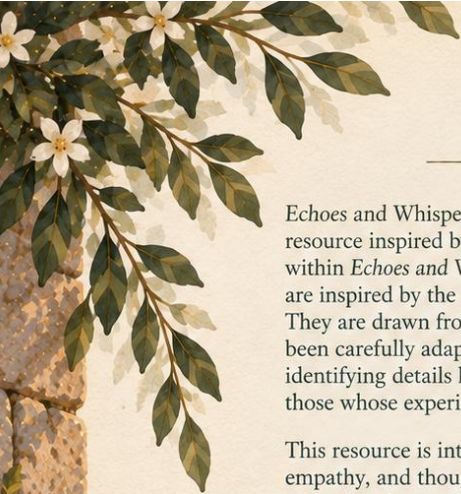
This companion is an invitation to offer some of that same attention to yourself. To notice what you've been carrying, to listen to what has become quiet, to recognise what might be changing, and perhaps to make a little room for what comes next.

You don't need to find the right answers here. Just give yourself permission to pause long enough to hear your own.

William



*A quieter you.
A brighter tomorrow.*



Disclaimer



Echoes and Whispers: A Companion for Reflection is a reflective resource inspired by the themes, quotations, and reflections contained within *Echoes and Whispers*. Some quotations included in this companion are inspired by the voices and experiences of children and young people. They are drawn from themes encountered in therapeutic practice and have been carefully adapted to protect anonymity and confidentiality. All identifying details have been altered or omitted to preserve the privacy of those whose experiences inspired them.

This resource is intended to encourage personal reflection, self-awareness, empathy, and thoughtful conversation. Readers are encouraged to engage only with those reflections that feel appropriate for them. It is not intended to provide counselling, psychotherapy, medical advice, diagnosis, treatment, or any other form of professional mental health support. If you, or someone you know, is experiencing emotional distress or requires support, please seek assistance from an appropriately qualified professional.

The author and publisher accept no liability for any loss, injury, or damage arising directly or indirectly from the use or interpretation of the material contained within this resource.

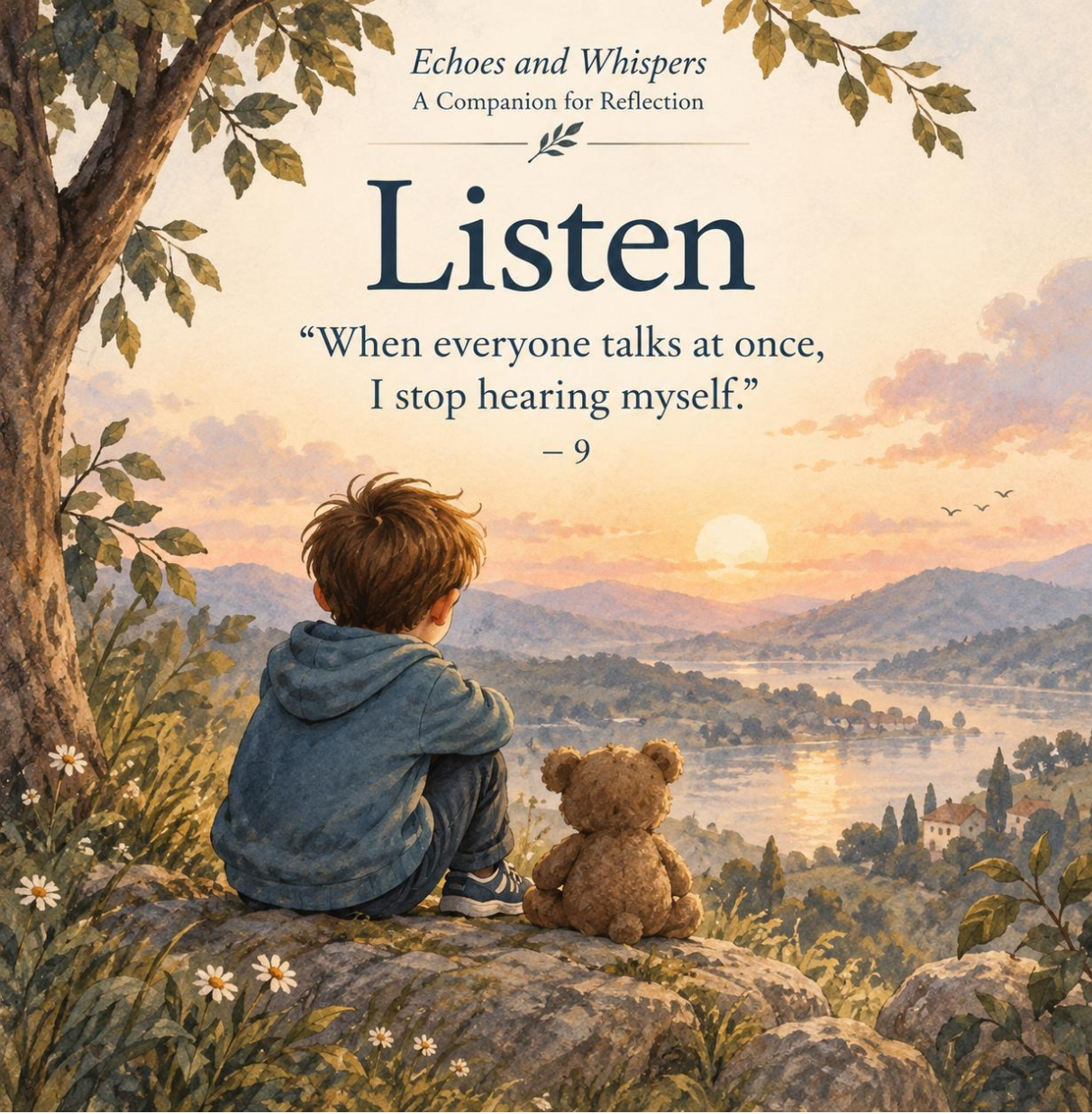
No part of this companion may be reproduced, stored in a retrieval system, distributed, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the author.

For permissions or further information, please visit:
www.williamhayman.com



*Gentler conversations
build brighter tomorrows.*





Echoes and Whispers
A Companion for Reflection



Listen

“When everyone talks at once,
I stop hearing myself.”

— 9



What Have I Been Trying to Hear?

*Sometimes the quietest things are the ones that have been
waiting longest for our attention.*

Something I've been feeling but haven't quite found the words for...

Something I keep putting aside...

Something I've needed but haven't asked for...

Something I might hear if I gave myself a little more quiet...

*You don't need to do anything with what you noticed.
For now, noticing is enough.*



Echoes and Whispers
A Companion for Reflection



Notice

“My stomach feels like butterflies
that can’t find their way out.”

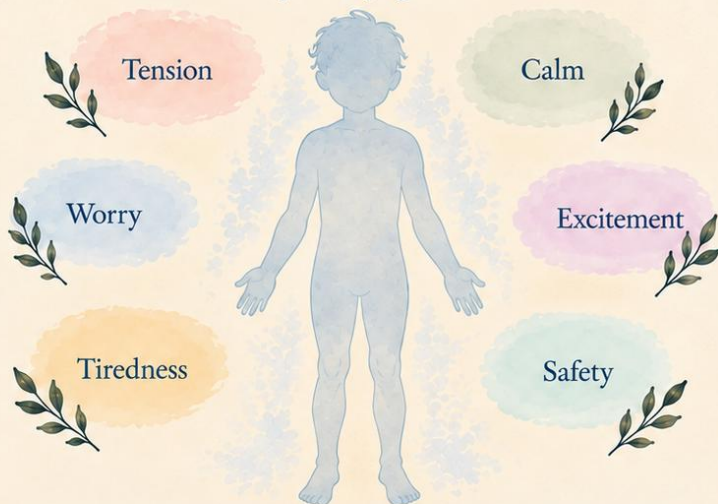
– 10



What Is My Body Saying?

Sometimes our bodies notice things before we do.

Take a moment. Without trying to change anything, notice what is happening in your body right now.

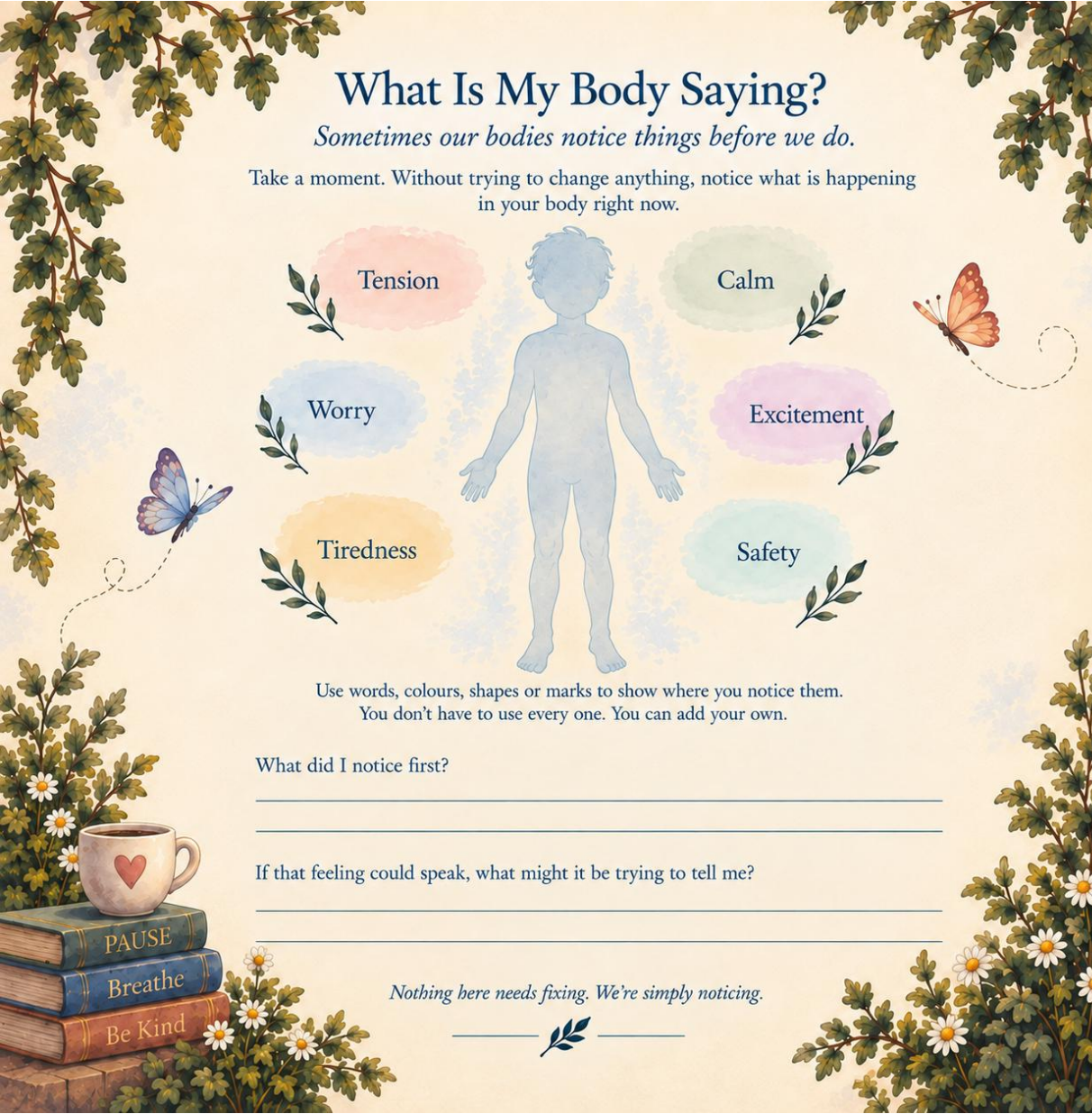


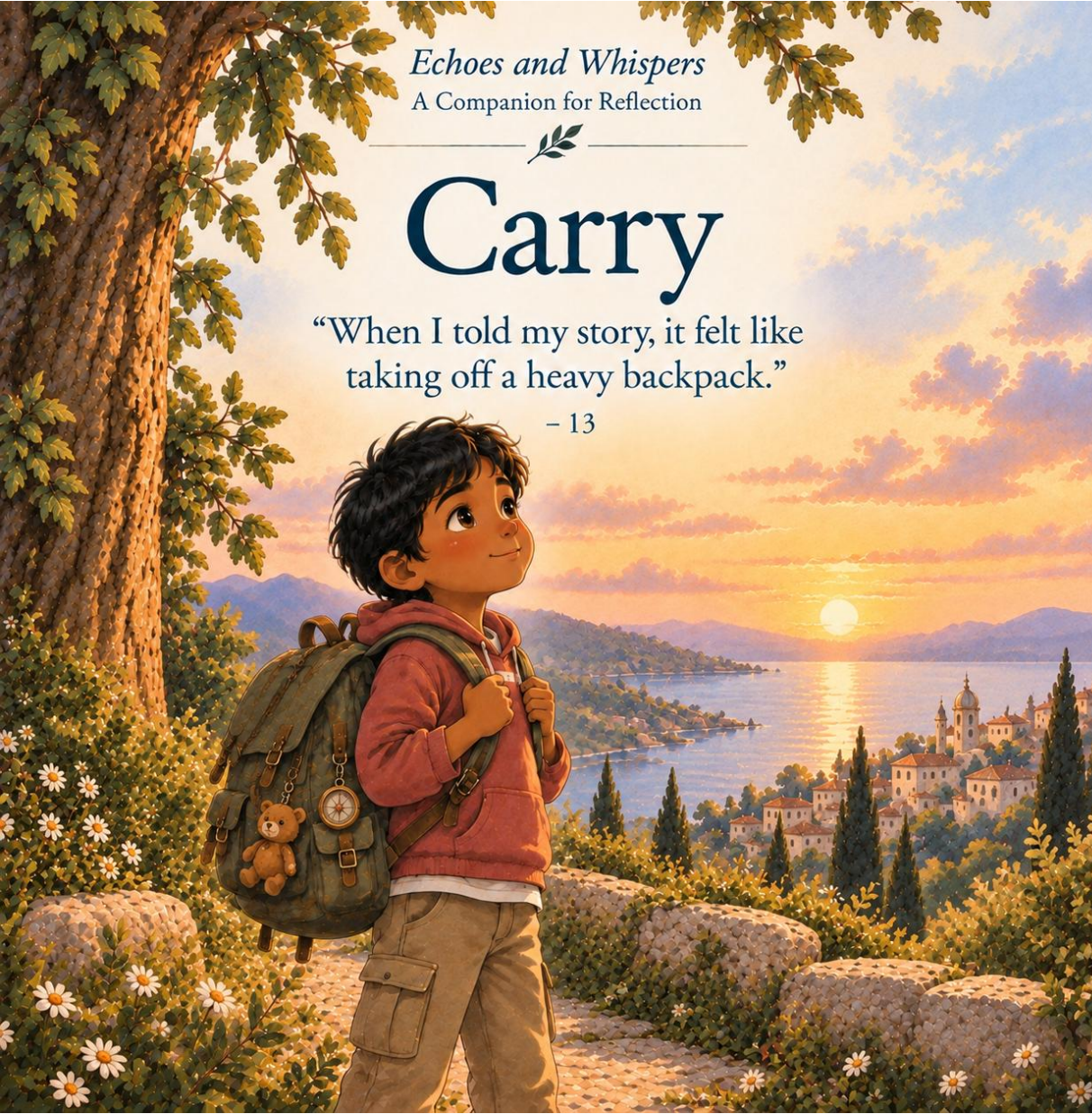
Use words, colours, shapes or marks to show where you notice them.
You don't have to use every one. You can add your own.

What did I notice first?

If that feeling could speak, what might it be trying to tell me?

Nothing here needs fixing. We're simply noticing.





Echoes and Whispers
A Companion for Reflection



Carry

“When I told my story, it felt like
taking off a heavy backpack.”

– 13

What Am I Carrying?

We all carry things. Some are heavy, some are light, and some we might not even realise we're still holding.

Look at the backpack. In the tags, write or draw some of the things you might be carrying right now. They can be big or small.



Which of these feels the heaviest right now?

Is there something I might be ready to carry a little differently?

Is there something I don't have to carry on my own?

You are allowed to set things down, even if only for a while.





Echoes and Whispers

A Companion for Reflection



Release

“I said sorry to myself.”

– 11



Making Space

Letting go can be a way of making space
for what matters next.



What is something you are
ready to let go of?

A yellow, ribbon-tied tag with a green leaf icon on the right side. It contains two horizontal lines for writing.

How might it feel when
you let it go?

A pink, ribbon-tied tag with a red heart icon on the right side. It contains two horizontal lines for writing.

What could you make space for
instead?

A light green, ribbon-tied tag with a yellow sun icon on the right side. It contains two horizontal lines for writing.

A kind note to myself...

A light blue, ribbon-tied tag with a blue notepad icon on the right side. It contains two horizontal lines for writing.

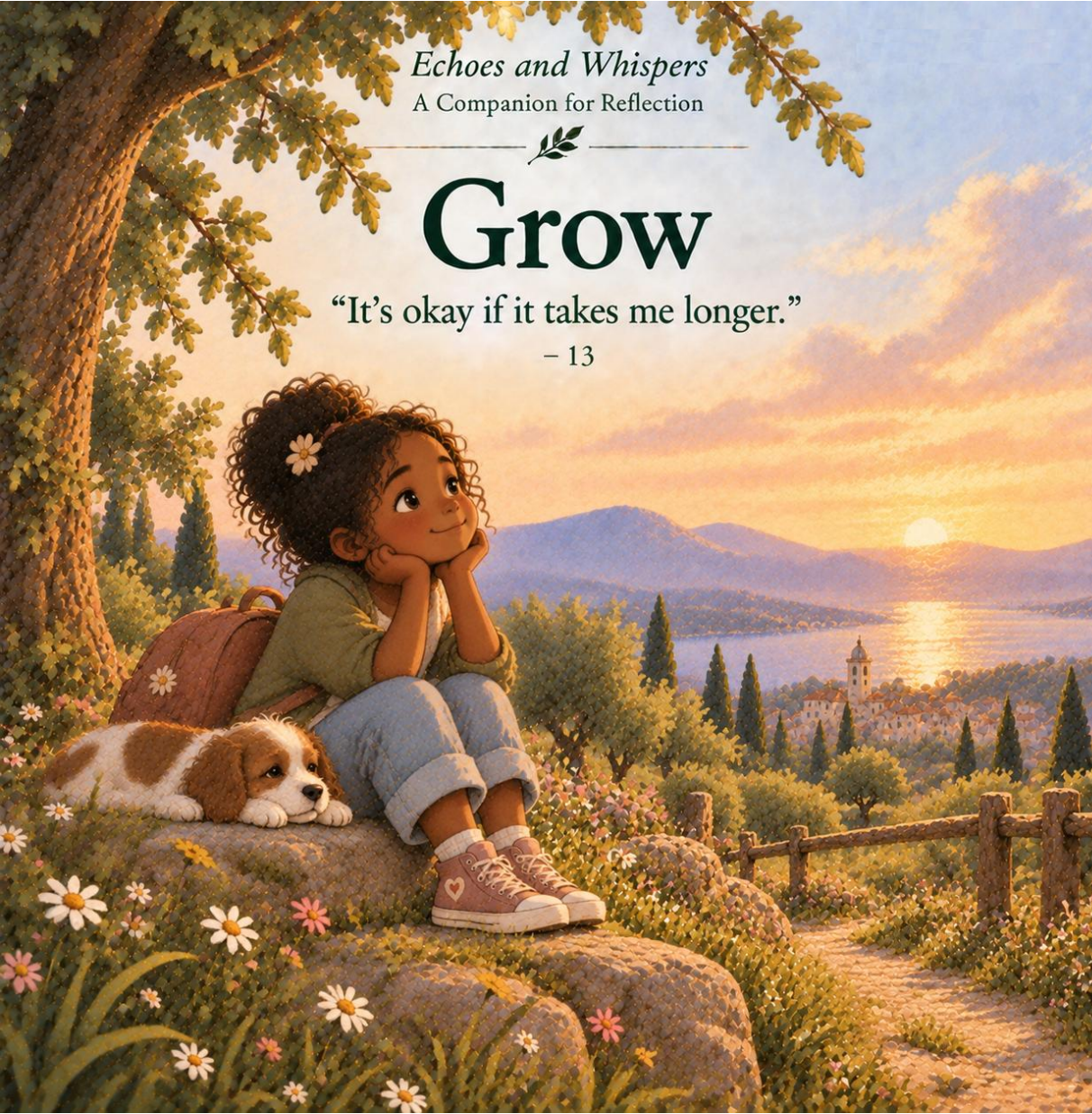
Echoes and Whispers
A Companion for Reflection



Grow

“It’s okay if it takes me longer.”

– 13





Growing in My Own Time

*Small steps, in their own time,
still take us forward.*



What is something I have grown at, even if it has taken time?



What is still a work in progress for me?



What helps me keep going, even when it feels slow?



What is one small step I can take, in my own time?



A kind reminder to myself...

Echoes and Whispers

A Companion for Reflection

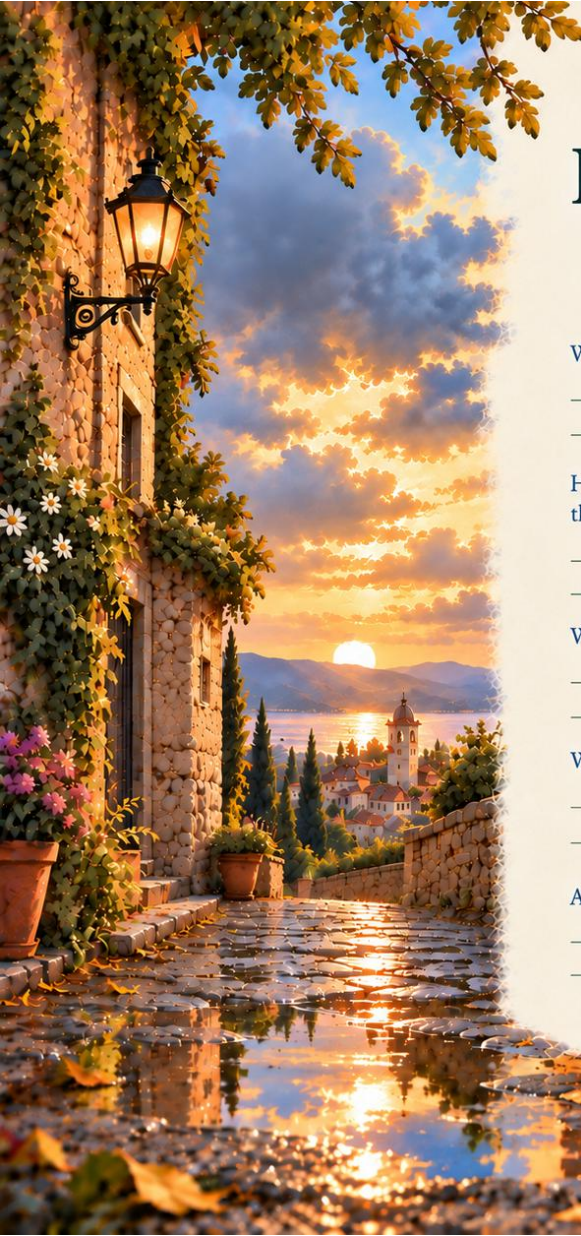


Hope

“I think hope is when you can see
light and shadows at the same time.”

– 14





Light and Shadow

*Hope can make room for what is difficult
while still noticing what might be possible.*

What gives me hope, even on difficult days?

How can I remember that it's okay to feel both
the good and the hard at the same time?

What can I do when things feel uncertain?

Who or what helps me keep hoping?

A kind reminder to myself...



Final Reflection

What Will I Carry Forward?



Take a few moments to pause and look back on your journey through these pages.
You might choose to write, draw, or simply sit with your thoughts.
There are no right or wrong answers — just an honest moment with yourself.

*Small reflections
can lead to
meaningful change.*



LISTEN

Something I heard...



NOTICE

Something I noticed...



CARRY

Something I might carry differently...



RELEASE

Something I'm ready to release...



GROW

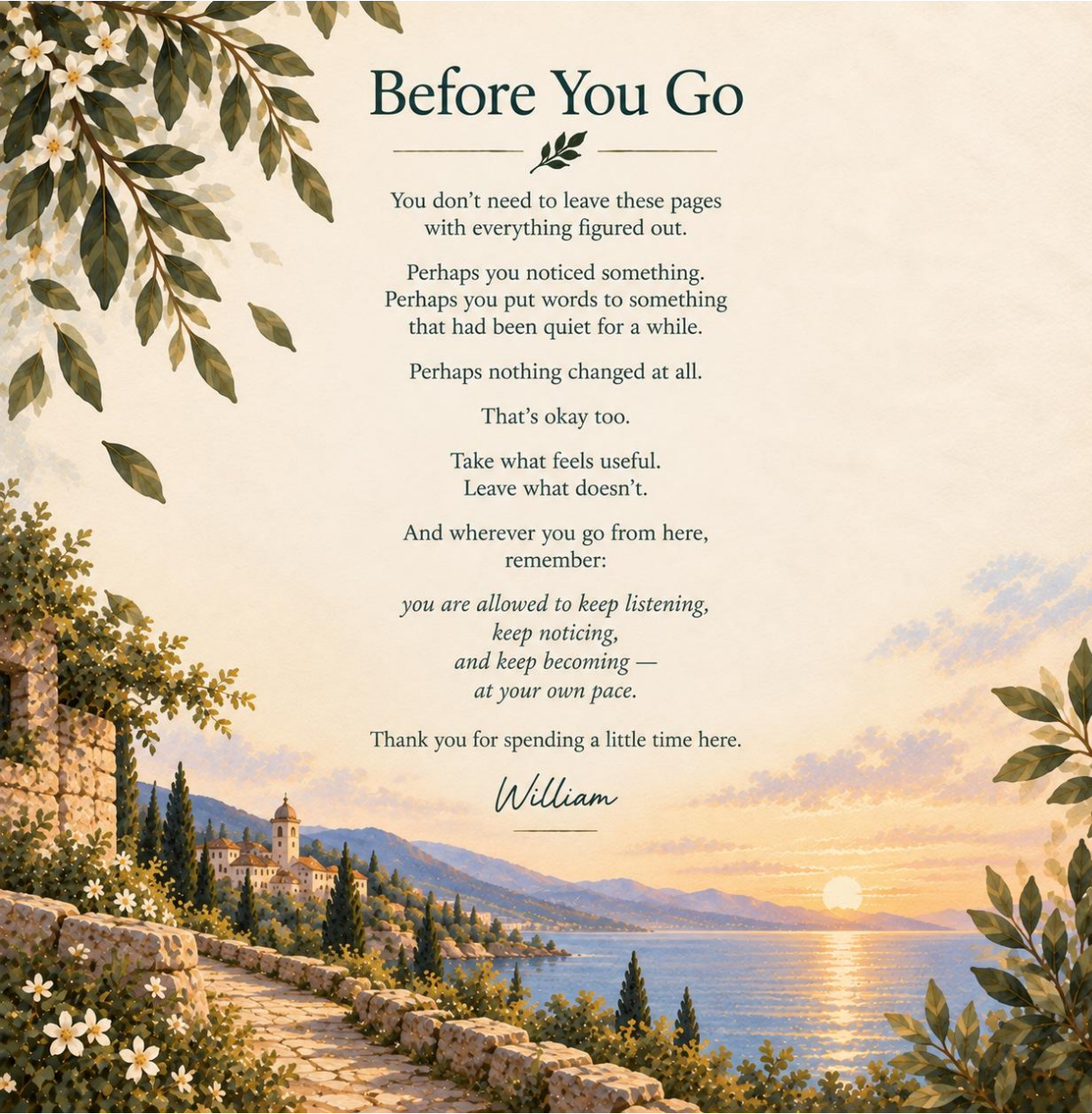
Something I want to give time to...



HOPE

Something that gives me hope...





Before You Go



You don't need to leave these pages
with everything figured out.

Perhaps you noticed something.
Perhaps you put words to something
that had been quiet for a while.

Perhaps nothing changed at all.

That's okay too.

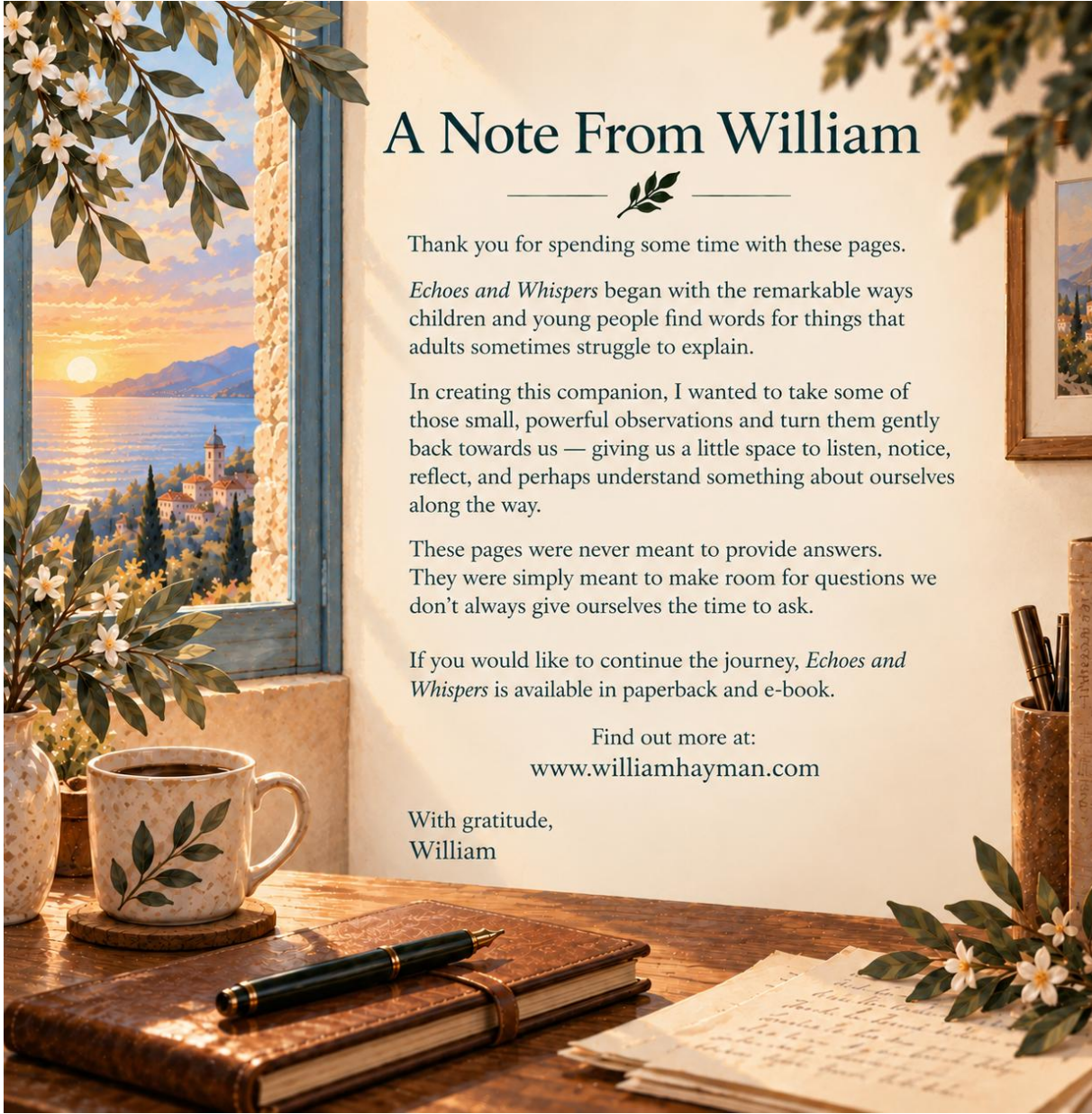
Take what feels useful.
Leave what doesn't.

And wherever you go from here,
remember:

*you are allowed to keep listening,
keep noticing,
and keep becoming —
at your own pace.*

Thank you for spending a little time here.

William



A Note From William



Thank you for spending some time with these pages.

Echoes and Whispers began with the remarkable ways children and young people find words for things that adults sometimes struggle to explain.

In creating this companion, I wanted to take some of those small, powerful observations and turn them gently back towards us — giving us a little space to listen, notice, reflect, and perhaps understand something about ourselves along the way.

These pages were never meant to provide answers. They were simply meant to make room for questions we don't always give ourselves the time to ask.

If you would like to continue the journey, *Echoes and Whispers* is available in paperback and e-book.

Find out more at:

www.williamhayman.com

With gratitude,
William

About the Author



William Hayman is a counsellor, lecturer, and author based in Malta. Through his work, he creates spaces where people of all ages can pause, reflect, and give voice to their experiences. Alongside providing therapeutic support, he teaches, facilitates reflective writing workshops, and encourages meaningful conversations about mental health, resilience, and personal growth.

William believes that stories can help us listen more deeply — to ourselves and to one another. His writing invites readers to slow down, remain curious, and notice the quiet wisdom that can emerge through reflection and everyday experience.

His published works include *The Boy Who...*, *Echoes*, the children's *Courage* series, and *Echoes and Whispers*. Across his writing, he explores emotional wellbeing, self-understanding, human connection, and the importance of compassionate listening.

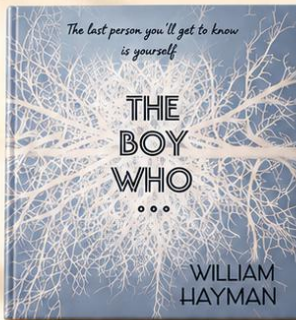
Whether writing for children, adolescents, or adults, his hope remains the same: to create work that reminds us that every voice matters, every story deserves to be heard, and every journey begins with someone willing to listen.

For more information, please visit:
www.williamhayman.com



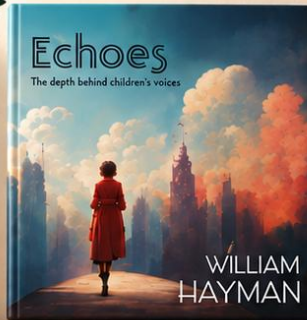
More from

WILLIAM HAYMAN



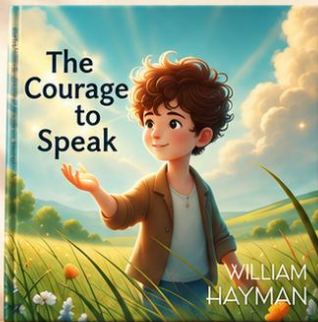
The Boy Who...

The last person you'll get to know
is yourself



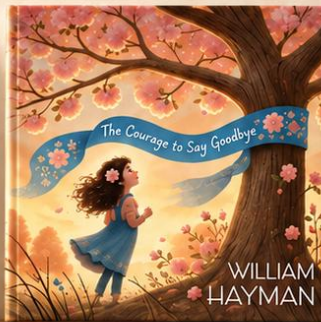
Echoes

The depth behind children's voices



The Courage to Speak

A Journey to Confidence and Hope



The Courage to Say Goodbye

A Journey of Healing and Love

Discover more at
www.williamhayman.com



A quieter you.
A brighter tomorrow.



WILLIAM  HAYMAN

www.williamhayman.com