

How Much to Tell People

Decide who gets the whole story, who gets a few words, and what those words are.

WHEN TO USE THIS

Use this before going somewhere you will have to explain, or after you had to.

Sort the people in your life. It is allowed to be a very short left column.

CAN HEAR ALL OF IT

GETS THE SHORT VERSION

Write the short version. A sentence or two you can say without coming apart.

The story is yours. Telling it, keeping it, or telling only part of it are all fine, and you can change your mind.

Now the longer version, or as much of it as you want on paper today.

You are allowed to hold some of it back. That is not hiding, it is choosing.