

Letting One Person Know

Helps you find the words for telling someone you are having a hard time.

WHEN TO USE THIS

Use this before you tell someone how you have actually been.

Who are you thinking of telling?

What do you want them to know? The plain version.

What are you afraid will happen?

- ☐ They will worry too much
- ☐ They will try to fix it
- ☐ They will not know what to say
- ☐ It will change how they see me
- ☐ They will be there a week, then gone
- ☐ They will say they already knew

What do you want from them? Say that part too.

Not advice. Someone who knows. Someone to sit with.

You get to decide how much to say. One sentence is a real start.