

Telling Someone

Helps you work out who to tell, what to say first, and what you want back from them.

WHEN TO USE THIS

Use this when carrying it on your own is getting heavy.

Who are you thinking about telling?

What are you most worried they will say or do?

Write the first sentence. Only the first one.

It can be rough. You are not writing a speech.

What do you want from them? Say it plainly.

To listen. To not bring it up in front of others. To come with me.

When and where would be a decent moment to do it?

You get to choose who knows, how much, and when. Telling one person is enough to start.