

# Telling Someone a Little

Plan what you want to share, how much, and with who, before the conversation.

## WHEN TO USE THIS

Use this before you tell someone something hard, when you are unsure how much to say.

You never owe anyone the whole story. A little is a real answer, and you can stop at any point.

Who are you thinking of telling, and why them?

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Sort what you might say.

## WILLING TO SHARE

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## KEEPING TO MYSELF

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One sentence you could open with. Write it the way you would say it.

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What do you want from them?

- ☐ Just to listen
- ☐ To not ask questions
- ☐ To check on me later
- ☐ To keep it private
- ☐ Practical help
- ☐ To sit with me
- ☐ To know why I have been off
- ☐ I am not sure yet

*You get to choose the words and the amount. Both are yours.*

