

The Form You Keep Putting Off

For the benefits paperwork, forms, and applications that have been sitting there.

WHEN TO USE THIS

Use this when a form has been waiting on you for weeks.

What is the form, and what is it for?

What is the hard part?

- ☐ I do not understand the questions
- ☐ It needs papers I cannot find
- ☐ It asks how bad things are
- ☐ I am afraid of the answer
- ☐ It takes longer than I have
- ☐ I have been turned down before
- ☐ I do not know if I qualify

Who could sit with you while you do it?

A friend, a support worker, a free advice line.

What is one piece of it you could do in fifteen minutes?

Find one document. Fill in page one.

Half a form is closer than no form. It keeps until you come back.