

What Other People Can Do

Say clearly what helps and what does not, so people around you stop guessing.

WHEN TO USE THIS

Use this when someone who cares about you keeps getting it wrong.

When you are in the middle of it:

HELPS

MAKES IT WORSE

What is one sentence you could say to let someone know?

Short enough to say when talking is hard.

Who will you show this page to, and when?

People guess wrong when they care. Telling them once saves you both a lot of hard evenings.

Letting someone help is a skill too. This is how you teach it.