

What You Want Them to Know

Put down what you wish the people close to you understood about how you are.

WHEN TO USE THIS

Use this when you feel unseen by people who do actually care about you.

What do you wish they understood?

What they see, and what is actually going on.

WHAT IT LOOKS LIKE

WHAT IT IS

Who is the one person you would most want to read this?

How would you want to tell them?

- ☐ Face to face
- ☐ On a walk
- ☐ In a message
- ☐ Let them read this page
- ☐ With someone else there
- ☐ In small pieces over time
- ☐ On the phone
- ☐ Not yet

You do not have to be understood by everyone. One person helps a lot.