

When It Happens Around People

Work out what you fear other people will see, and what you want to do about it.

WHEN TO USE THIS

Use this if the worst part is not the feeling but who might notice.

What are you afraid people will see or think?

Say it plainly, even if it sounds harsh.

Think of the last time. What did you fear, and what actually happened?

WHAT I FEARED

WHAT HAPPENED

If someone did notice, what is one thing you could say?

Give me a minute. I get these sometimes.

How much does the fear of being seen keep you home?

0	1	2	3	4	5	6	7	8	9	10
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Not much

It runs my week

Most people are busy with their own day. That is not comfort, it is just true.