

When People Do Not Believe You

For the wearing-down that comes from having to prove you are unwell.

WHEN TO USE THIS

Use this after someone doubted you or brushed you off.

What was said, and by whom?

What did it leave you feeling?

What do you know about your own body that they do not?

What do you want to do with this one?

- ☐ Let it go for now
- ☐ Say something back to them
- ☐ Tell someone who does believe me
- ☐ Keep some distance for a while
- ☐ Leave it here and decide later

Being doubted does not make it less real. You are the one living in your body.