

Who Can Sit With You

Work out who is actually around you now, and what each of them is good for.

WHEN TO USE THIS

Use this when you feel alone in it, or when people keep offering to help.

People who are still turning up. Even one name is worth writing.

NAME	GOOD AT	HOW TO REACH THEM

Who has gone quiet since it happened? How do you feel about that?

Most people want to help and have no idea how. Being told something specific is a relief to them, not a burden.

Three specific things you could ask for this week, and who to ask.

Come and sit. Drive me. Bring food. Do not ask how I am.

1.

2.

3.

You do not have to do this alone, and you do not have to do it with everyone either.