7.5

WORKSHEET · CHAPTER 7

A card for the people around you

Change anything that isn't you, and hand it over on a calm day.

If I'm melting down: give me space and quiet. Please don't ask me questions or try to reason with me. Don't touch me unless I've said it helps. Stay nearby if you can, and let me come back to you.

If I'm shutting down: I may not be able to talk. It isn't about you. Ask yes-or-no questions, or text me. Let me come back in my own time.

Afterward: I'll probably be exhausted. Let me rest. We can talk about it tomorrow, or the day after.

ANYTHING TO ADD THAT'S YOURS

On a bad day: hand over the card. You don't have to explain it.