FOR YOU

Before you write

There's no wrong way to use these next few pages.

HOW MUCH DO YOU WANT TO WRITE?

- ☐ A few words — just enough to name it
- ☐ A paragraph or two
- ☐ The whole story, in order
- ☐ I'm not ready to write anything yet — and that's fine. Skip ahead, and come back whenever this feels possible.

WHO MIGHT EVENTUALLY READ THIS?

- ☐ Just me, for now
- ☐ My therapist
- ☐ My support person
- ☐ Not sure yet — and you don't have to decide that today

> **IF THIS STARTS TO FEEL LIKE TOO MUCH**
>
> Stop. Close the book. That's not failure — it's information. This section will still be here in a week, or six months, whenever writing it feels like it's helping rather than hurting. If it consistently feels like the second one, bring it to your therapist instead of pushing through alone.

ANYTHING YOU WANT TO NOTE BEFORE STARTING