

Today's Date: \_\_\_\_\_



# SPEAK UP!

Sometimes others think they know you better than you do yourself and assume they know what you want. However, you are the expert and know what feels right to you and what you want from others. Consider the following and check the ones that fit your needs; then tell parents and friends what you want from them.

## DOs

- Treat me like a normal person.
- Be honest.
- Treat me like you always have.
- Let me cry without telling me to stop and without judgement.
- Tell me "you're here for me" and mean it.
- Listen to me without bias or judgement.
- Be patient with me.
- Give me a hug or hold my hand.
- Tell me you love me.

## DON'Ts

- Forget about me just because I can't do all the things I used to.
- Be afraid to sit with me in silence.
- Share my information without my permission.
- Tell me you know "just how I feel."
- Tell me not to feel whatever emotion I'm feeling.
- Ask me how I'm feeling, if you aren't willing to really hear the answer.
- Feel sorry for me.
- Tell me my feelings upset you.