When words *won't come.*

Some moments take your words away, and that's okay. These cards can speak for you when talking is hard.

HOW TO USE Cut along the dashed lines, keep a few in your wallet or phone case, hand one over or hold it up.

I'm overwhelmed.

I need a few minutes somewhere quiet.

I can't talk right now.

I can text or write. Please be patient.

I'm autistic / neurodivergent.

I may need things said plainly and a little extra time.

Please don't touch me.

I'm okay — I just need space.

I need a break.

I'll be back in ____ minutes.

Too loud / too bright.

Can we move somewhere calmer?

I'm not ignoring you.

I'm processing. Give me a moment.

WRITE YOUR OWN:

_____

_____

Want different words? Make a blank card your own.