My user *manual.*

People can't follow instructions they've never been given. Fill in what's true for you today, then hand it to someone you trust so they can meet you where you are.

1 How I communicate best
Example: "Text first. I think better in writing."

2 What my quiet or silence usually means
Thinking? Recharging? Overwhelmed? Content?

3 Things that drain my battery
Places, sounds, tasks, kinds of plans

4 How to tell I'm overloaded
What might others notice first?

5 What helps when I'm overloaded
Space, quiet, fewer words, a snack, a hand…

6 Please don't…
Things that make hard moments harder

7 How I show I care
It might look different than people expect

8 Best way to give me feedback
Timing, format, words that land well

REFLECT *Who would I like to share this with, and what do I most want them to know?*