LET ME HEAR YOU ROAR

How to Speak Up and Set a Boundary Without a Speech: A Beginner’s Guide

ONE-PAGE REFLECTION · OPTIONAL · YOURS TO KEEP

Use one idea from the guide. You can write privately, skip a prompt, or use another communication method. No answers are sent to the website.

01 Notice

Name a concrete limit before explaining it.

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02 Choose

Choose actions you can realistically control.

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03 Practice

What is one small action or sentence you would like to try? Choose a setting and a pace that work for you.

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04 Find support

What support, information, or adjustment would make that next step more workable?

My next step: Prepare one short boundary in the practice space.

Educational reflection, not diagnosis or treatment. Choose what is useful and safe for you.