

# Tell the Truth

## How bad is it really?

What are the bad, terrible, stressful, awful things about this time AND what are your strengths, resources, opportunities, and abilities?

## How do you feel?

In times of stress, it is normal to experience a wide array of emotions. Feelings show up when they do. What range of emotions are you experiencing?

## What are your energy levels?

Stressful times take extra energy. Be real about your current stamina and about what you need. What do you need to keep up your energy?

## What are the facts?

Workable plans require accurate information. Separate out what you think is true and what you fear might be true, until what remains is the truth of your situation.

## Where are you getting support?

Get support from people who will not blame or shame you. Spend time with healthy people who can see that you are neither a helpless victim nor a villain. Who helps you be truthful and kind to yourself?

## What kind of person do you want to be?

You are a human experiencing a challenging time. Be gentle with yourself and trust the process. How can you accept and honor your struggle as normal?