AGES 12–18 | SELF-REFLECTION

Things I Wish People Understood About Me



WHAT THIS IS

Sometimes it is hard to say what we need. Writing it out can help you share it, or just feel understood by yourself.

HOW TO USE IT

1. Complete each sentence honestly.
2. Choose one you want someone to know.
3. Decide who and how you might share it.

EXAMPLE

"I wish people knew that when I go quiet, I'm not mad. I'm recharging."

I wish people understood that…

When I feel stressed, what I need is…

Something I'm really good at that people may not see…

Something that's hard for me right now…

One thing I want to share, and with whom:

This page is private. Share only what and with whom feels safe.

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