PAGE 1

A card for a hard moment

Use this as a starting point. Cross out what does not fit. Write the version you would want to show without having to explain it first.

COMMUNICATION CARD

I'm overloaded and speaking is difficult right now.

I CAN

- Read a message
- Reply by text
- Answer yes or no questions

WHAT HELPS

- Use fewer words
- Wait for me to start again
- Please do not touch me

Make it yours: "I need quiet for ten minutes." "Please text me the next step." The useful version is the one you can use.

MY OPENING LINE

I CAN

WHAT HELPS

PAGE 2

For the person supporting me

You do not need to get speech back. Make the next minute easier to get through.

1

Keep the demand low

Use one short question, or offer a simple choice. Let a pause be a pause. A delayed response is not an invitation to ask again.

2

Ask before touch

Even caring touch can add pressure. Ask first, or give space if asking would add another demand.

3

Offer another way

Text, a note, a thumbs up or down, and more time can all be enough. Say what will happen next in plain language.

A USEFUL CHECK-IN

“Would text, quiet, or more time help?”

PAGE 3

Plan for the return

A few choices made when there is more room can make a future hard moment less lonely and less complicated.

Keep the card where you can reach it

Phone photos, a wallet, a bag, or a note pinned to a lock screen can all work. Pick one place before you need it.

WHERE I'LL KEEP IT

Tell a few people what it means

Choose the people who are likely to be there. You can share the card itself, or one sentence about what helps.

PEOPLE I WANT TO TELL

Come back to the conversation later

When there is more room, name what helped and what you want next time. There is no need to solve the whole situation at once.

WHAT HELPED THIS TIME

A SENTENCE I WANT TO USE WHEN I'M READY