



MY LIFE SERIES • ML-04

HOW YOU MAY KNOW I AM FINDING THINGS DIFFICULT

1. A SIGN YOU MAY NOTICE

2. A SIGN YOU MAY NOTICE

3. A SIGN YOU MAY NOTICE

4. A SIGN YOU MAY NOTICE

5. A SIGN YOU MAY NOTICE

6. A SIGN YOU MAY NOTICE



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WHAT HELPS ME

1. MY SUPPORT METHOD

What helps me: _____

What you should do: _____

What you should avoid: _____

2. MY SUPPORT METHOD

What helps me: _____

What you should do: _____

What you should avoid: _____

3. MY SUPPORT METHOD

What helps me: _____

What you should do: _____

What you should avoid: _____

4. MY SUPPORT METHOD

What helps me: _____

What you should do: _____

What you should avoid: _____



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ADDITIONAL INFORMATION

Use this page for anything else that may help people understand and support me.

OTHER THINGS THAT ARE IMPORTANT TO KNOW

[illegible]