PRESSURE I CAN NOTICE

WHAT AM I TRYING TO PROVE?

Check anything that feels familiar.
You can keep your answers private.

- ☐ I say yes when I need a break.
- ☐ I hide interests to fit in.
- ☐ I feel I must always be useful.
- ☐ I judge myself by others' reactions.

A pressure I want less of:

What I wish people understood:

You can notice pressure without blaming yourself.

SUPPORT FOR THE HARD DAYS

YOU DESERVE SOME ROOM.

Your needs still count when you are not achieving, helping, looking your best, or making someone else happy.

"I feel like I always have to prove something. Can we talk about what that is doing to me?"

If being yourself feels unsafe, a trusted adult or counselor can help you think through what to share and with whom.

Someone I feel respected around:

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

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YOU DON'T HAVE TO PROVE YOUR WORTH

You are more than what people expect.



ROOM FOR YOUR NEEDS. ROOM TO BE YOURSELF.

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Mile or a Millimeter

01 / THE PRESSURE TO PERFORM

WHERE DO I PERFORM?

Think of a place where you feel you have to be a certain version of yourself. Write only what you want to record.

What I think people expect:

What I hide, force, or pretend:

What that takes out of me:

Wanting acceptance makes sense. Your needs still deserve space.

02 / MORE THAN A FIRST IMPRESSION

WHAT FEELS LIKE ME?



Your style can express you. So can your interests, values, humor, and quiet habits. You do not need to explain every part.

Something I care about:

A time I feel most like myself:

A part of me I want more room for:

You get to keep parts of yourself private.

03 / A SMALL ACT OF SELF-RESPECT

ONE WAY TO HONOR MY NEEDS

Choose a small, safe step for this week. Ask for support if a change could put you at risk.

- ☐ Ask for help with one thing.
- ☐ Make room for an interest.
- ☐ Share an honest preference.
- ☐ Take a break when I need one.

My step, including when:

Someone who can support me:

“I need a little time to decide what works for me.”