

The Version of Me People Receive

CHAPTER 1 / *The Report Instead of the Feeling*



What stayed outside the report

The Report Instead of the Feeling / continued



Different rooms, different access

Adaptation can be useful. Notice its purpose and its cost.

You do not have to offer the same access in every setting. Fill only the rows that matter; use a few words, initials, or a symbol.

Setting	What people receive	What they rarely see
Work / study		
Family		
Friends		
Close relationship		
Professional support		
Alone / another setting		

Where do I feel accurately known? Where do I wish someone understood more?

What the edit was doing

A possible explanation is different from a fact.

What I know	What I suspect	What remains unknown

What might I have been trying to avoid, protect, obtain, or preserve?

What about this audience or setting influenced my choice?

Has this way of speaking helped me before? A present-day example is enough.

No remembered origin is required. Leave a possible explanation marked as possible.

Three ways to make room

Choose access deliberately. You do not have to use every route.

Route	What it might look like
Private acknowledgment	Name pride in a journal; enjoy music alone; admit a desire without explaining it to anyone.
Selective expression	Ask one trusted person for time; name a preference; share a work sample with an appropriate audience.
Visible action	Pursue an opportunity; celebrate a result; state an actual contribution accurately and include shared work.

Which route fits the part I am examining, and why?

Draft a sentence or describe an action that fits that route

Public expression is not the finish line. The route can change with the person, setting, and consequences.