

A request for support

Fictional example: Mara wants a quieter evening at home.

Mara doesn't need to explain a diagnosis to make this request. These words describe her situation. Use only the parts that fit yours.

What I'm noticing

After work this week, I've been running out of energy by dinner. Yesterday I tried to cook and answer everyone's questions at once, and I felt overloaded.

What would help

A quiet break when I get home, and someone else taking dinner off my list twice this week.

One small request

Could you handle dinner on Tuesday and Thursday, and give me 20 minutes alone after work on those days? We can check in on Sunday about how it went.

HOW MARA MIGHT START

"I want to explain what evenings have been like for me and ask for a small change this week. Is now a good time for a short conversation?"

IF THOSE DAYS DON'T WORK

"Which evening could you take dinner? I can simplify the other night. I still want to protect that short break."

Fictional example. Prepared words, not a promised response.