

Support Request Starter

Find words for one change and one way someone can help.

Pick one person and one recent situation. You don't need to name menopause, share a diagnosis, or explain the cause. Write a few plain sentences in each box.

What I'm noticing

One recent moment, described as plainly as you can. Skip guesses about why it happened.

What would help

Listening, time, a shared task, or a change of plan. Name the kind of help, not the whole solution.

One small request

Who could do what, and when? Keep it small enough to say yes to this week.

READ IT ALOUD

"I've noticed _____. What would help is _____. Would you be willing to _____?"

Save your copy. Download first. Fill it in, save under a new name, then close and reopen the file to check your answers. Can't type in it? Print at Actual size and write by hand.

A clear request is the goal. Their answer is still their choice.