

PART TWO · ON THE PAGE

# What To Notice Today

*Don't analyze. Just name what's true. The first answer is usually the honest one.*

*i.*

Think of the last time you felt your own need — tired, hungry, overwhelmed, needing space — and set it down to tend to someone else. What was the need? *Just name it. You don't have to justify it.*

---

---

*ii.*

Finish this sentence honestly: *I take care of everyone else because...* Then ask: is that the reason, or is it the thing underneath the reason?

---

---

*iii.*

When did you first learn that your needs come last? *You don't have to have a clear memory. Just notice what comes up.*

---

---