

Getting ON TRAC: Transition Activities

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If You Are Going To Help Me:

1. Please be patient while I decide if I can trust you.
2. Let me tell my story. The whole story, in my own way.
3. Please accept that whatever I have done, and whatever I may do, is the best I have to offer and seemed right at the time.
4. I am not A person. I am "This" person, unique and special.
5. Don't judge me as right or wrong, bad or good. I am what I am and that's all I've got.
6. Don't assume that your knowledge about me is more accurate than mine. You only know what I have told you. That is only part of me.
7. Don't ever think that you know what I should do - you don't. I may be confused, but I am still the expert about me.
8. Don't place me in a position of living up to your expectations. I have enough trouble with mine.
9. Please hear my feelings. Not just my words - accept all of them. If you can't, how can I?
10. Don't save me! I can do it myself. I knew enough to ask for help, didn't I?
11. Help me to help myself.

- Author unknown -

