



UNDERSTANDING ME REFLECTION

Fill out the blanks in the statements below.

EXAMPLES

“People would better understand me if they knew I **did not like loud noises** because **they startled me.**”

“People would better understand me if they knew I **have ADHD** because **it is exhausting for me to focus and sit still.**”

“People would better understand me if they knew **that I do not sleep well** because **my dog barks all night which puts me in a bad mood the rest of the day.**”

People would better understand me if they knew _____ because _____.

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