

Get To Know Me Manual

by

(write your name, nickname,
and preferred pronouns here)

Things I enjoy

(What makes me happy, my hobbies, favorite activities)

If I'm having a tough time, you might notice...

(Signs I'm struggling and how you can support me)

Three surprising things about me

(Fun facts or unexpected details people might not guess)

Things that make me feel comfortable

(Settings, environments, or conditions where I thrive)

Ways I like to communicate

(Do I prefer talking, texting, drawing? Direct or gentle?)

Boundaries I hope you'll respect

(Things I need others to honor about my space,
time, or feelings)

What I value most in a friend

(Qualities and traits that matter to me in relationships)

How I show I care

(The ways I express friendship and support)

Things that help me feel welcome

(Actions, words, or gestures that make me feel included)

Things that make it hard for me to open up

(Situations or behaviors that create barriers for me)