

A good way to stop silencing yourself doesn't exist

Why? **Speaking up makes you feel uncomfortable.**

Why? **You feel unheard when trying to express yourself.**

Why? **You stay silent to avoid confrontation.**

Why? **Staying silent allows you to withdraw your emotions.**

If not for... **anxiety and fear this would not be a problem.**

What can I do about that? **Nothing this is a difficult issue.**

A good way to stop silencing yourself doesn't exist

Why? **Maybe a good way to stop silencing myself does exist.**

So then what? **Maybe I could run test to see which conditions make people feel safe to express themselves.**

So then what? **I could create a community that helps people express themselves.**

Problem restated: **An effective way to prevent silencing yourself doesn't exist.**

Problem statement: **While there are many communities, few provide a helpful, safe, and supportive space to help people express themselves.**