

Theodore Miller

Thinks

- Everyone else seems to know what's going on.
- If I mess this up it is going to cost me money I don't have.
- I don't want to rely on asking for help all the time or bother anyone with dumb questions.

Feels

- Embarrassed about not knowing “basic” adult skills.
- Overwhelmed by conflicting information and choices.
- Relieved when something works out, stressed when it doesn't.

Says

- “I don't even know what I'm supposed to know”
- “It's not hard, it's just confusing.”
- “Why are there 10 different ways to do the same thing?”

Does

- Googles or asks ChatGPT late-night questions about basic life tasks.
- Watches TikTok or YouTube for quick answers but questions their accuracy.
- Procrastinates tasks that feel unclear or intimidating.