


BASED ON THE TEACHINGS FROM IYCS: "AUDIO FLASH FILES #2, EPISODE 45

Invisi Youth
DIGITAL LIFE
GUIDESHEETS



THRIVING KNOWLEDGE FROM "TO SHARE OR NOT TO SHARE...THAT IS THE QUESTION" IN THESE DIGITAL PAGES.



Invisi Youth

DIGITAL LIFE GUIDESHEETS

VOLUME 2, FROM EPISODE 45

"AUDIO FLASH FILES: TO SHARE OR NOT TO SHARE...THAT IS THE QUESTION"

LONG-TERM BENEFITS OF FAUCET THEORY

Learning the skill of only answering aspects of a question you're asked gives you power in your individual way you live with your chronic illness or disability.

Validity comes from your choice of being as private as you'd like about your life, or as public as you'd like about your information. You control and change the amount you divulge, so you validate yourself in each sharing moment.

CONTROL \neq FLEXIBILITY = SELF-POWER

While you have all the answers to any questions (especially about your chronic illness/disability) you are not required to reveal all the pieces.

To avoid feeling closed off, or elusive remember to open your faucet to small trickle, so some details are satiating the thirst without overpowering your comfort level.

Your **control over sharing details and answering questions** is prominent. You're in your confidence when you stand by what you want to keep close or share.

quick and easy reminders to power through conversations

- Not sure how to handle a predicament in life, how much detail to reveal, or how to respond to a question? Remember to follow your gut instinct and the immediate flexibility to change your response when you vibe off their reaction.
- Keep a baseline of what you are forever comfortable sharing and expand/contract based on that.



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LEARN TO GROW...BUT MAKE IT VISUAL

DISCOVER HOW TO CHANGE THE "WATER LEVELS" OF YOUR PERSONAL FAUCET AND THE POWER OF THINKING OF YOUR FAUCET IN ALL YOUR INTERACTIONS

EXCLUSIVE TIP: SET YOUR FAUCET AT A CONSTANT DRIP, THAT LEVEL OF DETAIL YOU'RE ALWAYS COMFORTABLE SHARING AND EXPAND THE LEVEL FROM THERE. THAT WAY, YOU HAVE NO SYSTEM SHOCK FROM THE BUILD-UP OF EXTREME "WATER PRESSURE."



LITTLE PRESSURE: LET'S BE A LITTLE PRIVATE

Thinking of revealing your diagnosis or some medical updates to your friends, coworkers or on a date, but feeling super private about the personals? Work with that feeling and just share the framework.

MIDDLE GROUND: SHARING WITHOUT OVERSHARING

Dealing with side effects of a new treatment and feeling timid to share those issues with #nofilter? Don't worry, give them some details but pump the brakes when you feel your nerves pick up.

LET THAT POWER FLOW FREELY, SPILL THE DEETS

Trying to explain to friends or family why you won't feel up to some hangouts? Don't fake an excuse, leave the door open and share the #realtalk about your situation?



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EMBRACE THE INNER REBEL... BUT FOLLOW SOME PROMPTS

There is value in keeping some aspects of your life, personal and medical, private to you. And that doesn't mean you're closed off.

And there is value in giving some of the inner details to those around you because it strengthens your support networks empathy and knowledge to aid in your growth and stability.

Trust that gut instinct to a question or conversation. Let your feeling guide to share or withhold, knowing both avenues can be changed later.

When you're bouncing between wanting to share but nervous to share , rely on the "water drip" in your faucet...AKA the baseline of details you'd give to answer and grow from there.

REMINDER: Empowered people are not solely transparent and not solely private. They are the individuals that answer questions on a spectrum that evolves based on circumstance, time and people.

KEY: invisiyouth spectrum is when you try the theory, you can fall anywhere on the spectrum, give it a try, and see where you land.

fully agree



not for me

REMINDERS TO HELP OUR NONPROFIT OUT:



LIKE FOR THE PRESENT



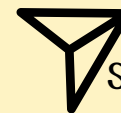
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