



The Weight You're Carrying

CHAD KEMPEL

Yours to keep. No one collects this.

1 Cognitive load:

the invisible weight your brain is carrying.

Tool: write one thing down.

"The thing I'm carrying is ..."

2 The freeze response:

your body locks up to protect you. It isn't weakness.

Tool: say "this is my freeze response," then name 5 things you see, 4 you can touch, 3 you can hear.

3 Displacement:

the weight comes out sideways, as anger or pulling away.

Tool: the one-question pause.

"Is this actually about this person?"

4 Post-traumatic growth:

struggle can rebuild who you are, if you choose it.

Tool: the one-sentence turn.

"What this hard thing has started to teach me is ..."

Need to talk to someone now? Call or text 988. In danger? Call 911.

At school, talk to _____ in _____