COMPANION KIT

Calendar and message scripts

Words are the hardest part. Use these as they are or change them to sound like you.

Blocking the time

Calendar title: **Focus** or **Hold**. Plain titles raise fewer questions. If someone asks:

- “I’m stepping out for a few minutes.”
- “I’m going to think about this and come back.”

If a request tries to take the slot, run the candy test first. If the reason is real, move the session. Do not cancel it.

Asking for help

At home

- “I’m going to sit outside for five minutes. Can you keep an ear out?”
- “Can you take the next fifteen minutes? I need to not be needed for a bit.”
- “I’m not asking for a break from you. I’m asking for a break from the list.”

To an agency or professional

- “Is there respite care in our area, and how do I ask for it?”

Telling someone what you are trying

- “I’m trying ten quiet minutes a day with my phone out of reach. If I look like I’m doing nothing, I am.”
- “If you see me sitting still, I’m fine. Don’t rescue me.”
- “Can we take a walk and not talk about anything?”

Asking someone to sit with you

Use these when the days feel heavy and you do not know what you need.

- “I’d love company, but I can’t talk. Could you just sit?”
- “Could you check on me tomorrow? A text is fine.”
- “I don’t know what I need. Could you pick one thing and do it?”

If someone offers and you say “I’m fine” out of habit, try this instead: “Thank you. Can I come back to you on that?” Then do.

Inviting a busy person

Do not lecture. Ask once and say nothing else about it: “Want to sit outside for ten minutes?”