



You know that feeling where you know what you need, but can't bring yourself to say it out loud.



It's like  
there's a built  
in block  
that stops  
you when  
you try  
to  
speak up.

(There's a name  
for that, by  
the way. It's  
called...)



Shame ties you up in knots,

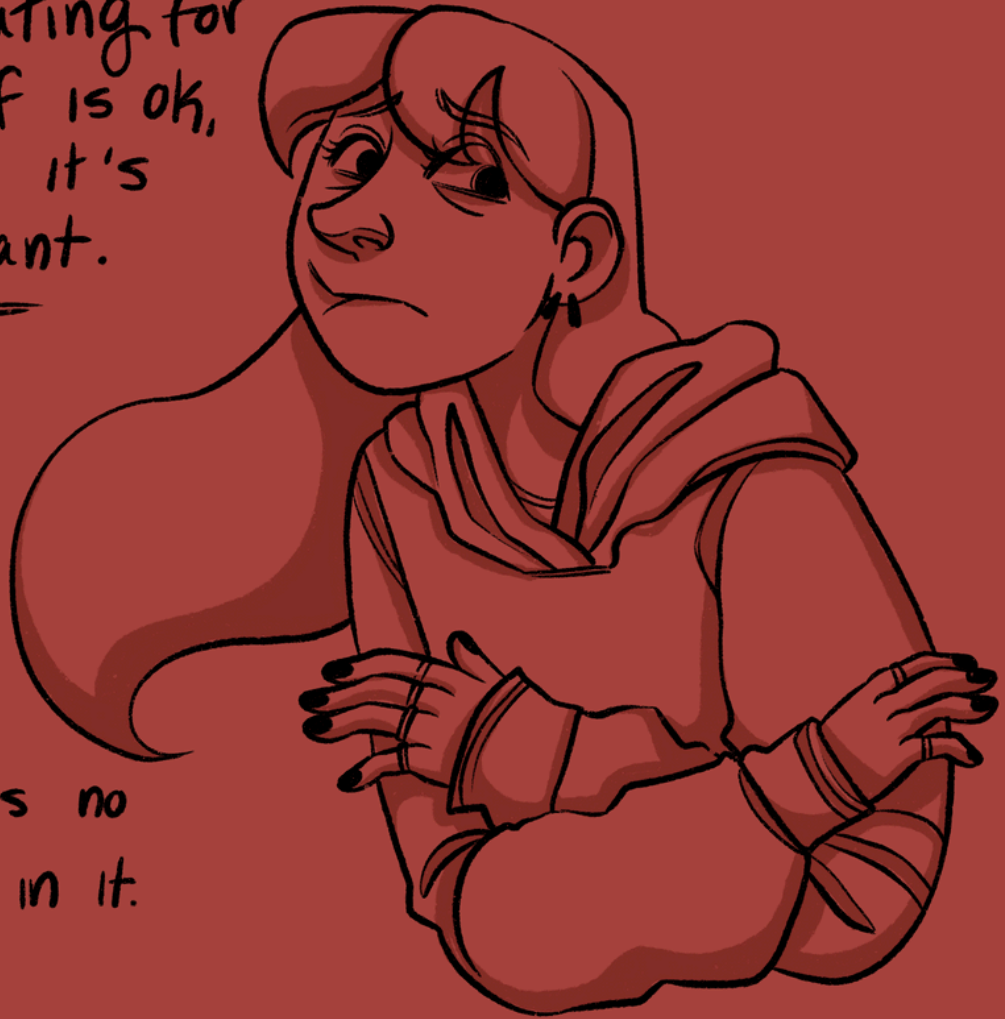


telling you lies that your needs are  
"stupid" or "melodramatic"

And that is where  
you have to fight  
back.



Advocating for  
yourself is ok,  
in fact it's  
important.



There is no  
shame in it.



Because if you don't speak up  
for yourself, who will?



Use your voice, and teach others the way  
you want and deserve to be treated.