Why Do We Suffer in Silence?

A reflection sheet to go with the episode

There are no right answers here, and nobody will read this but you. Write a word, a line, or leave a space empty. If a question feels too close today, skip it and come back another day.

1. The sentence I usually say instead

When someone asks how I am, the sentence I say most often is:

(For many of us it is some form of “I’m fine.”)

2. Where I learned it

In the home I grew up in, the feelings that were welcome were:

And the ones that were quietly passed over, hurried along, or not spoken of were:

3. How my silence looks from the outside

Tick any that sound like you, even a little.

☐ I get irritated or short-tempered ☐ I take on more work
☐ I go quiet and pull away ☐ I keep busy, scroll, or switch off
☐ I turn feelings into jokes ☐ I drink, eat or sleep differently
☐ My body speaks first (sleep, headaches, tightness, tiredness)
☐ I smile, say “adjust,” and keep the peace

The one that is most mine, and what it seems to be covering:

4. What my silence protects, and what it costs

What my silence is trying to protect:

What it has cost me, or the people close to me:

5. Why it feels unsafe right now

Sometimes silence is not a habit from long ago. It is an answer to the present. What makes saying it hard in my life today (work, money, family, worry about being a burden, no one who feels safe enough)?

6. The person who might hear it

Someone who would listen without rushing to fix it, panic, or judge. If I can think of one, their name or role is:

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7. One small, true sentence

Not the whole story. Just one honest sentence I could say out loud, or write, or tell a stranger first. It could begin “Lately I have been…”

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8. A letter to a stranger

If I wrote a short letter to someone I will never meet, the first line would be:

If you are in pain, reach out

This sheet is for reflection. It is education, not therapy. If things feel heavy for weeks, or ever feel unsafe or hopeless, please talk to someone you trust or a doctor or mental health professional. In India, Tele-MANAS (free, 24x7) is on 14416 or 1800-891-4416, and KIRAN on 1800-599-0019. Elsewhere, findahelpline.com lists services by country.