



a podcast by Nicole Beholds

EPISODE FIVE

I NEED YOU TO KNOW

companion guide

- **Where are you expecting someone to “just know”?** Think about one relationship that matters to you. Is there something you need, feel, or wish they understood— but you haven’t actually said it?
- **Is there an elephant in the room?** Is there something that happened between you and someone that has never really been addressed? Ask yourself: *Have we actually made peace with this, or have we just stopped talking about it?* The episode makes a distinction that **silence and peace are not the same thing.**
- **What would making yourself knowable look like?**
Finish one of these sentences:
I need you to...
I was hurt when...
I’m not okay with
I don’t need advice; I need...
Something happened between us, and I don’t want to pretend it didn’t.

REMINDER FOR THIS WEEK

Being known doesn’t remove our responsibility to make ourselves knowable.