How to respond when people over-identify with your lived experience – accessible version

‘I’m so grateful that you relate to my story, but I’m not comfortable talking in depth about my experiences, other than what I’ve shared today’.

‘It sounds like you or someone you know have experienced similar things to me, I know of some resources or services that are helpful. They are XYZ.’

‘I appreciate you wanting to learn more but I don’t feel comfortable being asked this question. I’m happy to talk about X instead.’