THE UNDERSIGNED TRUST

So You've Been Asked to Sign Something

A guide for recipients

Stay calm

Being handed a formal document by someone you know can be disorienting. Take a breath. You have not done anything wrong, and nothing is required of you in this moment.

You may take the document home

Accepting a piece of paper is not the same as agreeing to it. You are permitted to take the document away, set it down, and not think about it. This is not a commitment. It commits you to nothing.

Phrases you are permitted to use

"Let me sit with this."

"I'll pray about it."

"I'm not really a signing person."

When to seek support

If you find yourself followed up with, asked where you "have landed," or experiencing a quiet sense of obligation, you may be experiencing Secondary Ratification Fatigue. This is common. You are welcome at any of our meetings, where nothing is circulated and nothing requires a signature.

This leaflet is a work of satire. CDRS is not a recognised medical condition.