THE UNDERSIGNED TRUST

Understanding SRF

Secondary Ratification Fatigue

What SRF is

Secondary Ratification Fatigue (SRF) is the weariness, mild dread, or sense of obligation that arises from being repeatedly asked to formally endorse the strongly held convictions of someone you know. You do not have to have drafted anything, or signed anything, to feel it. You only have to have been asked.

You are not being unkind

Declining to ratify a document is not a withdrawal of affection. Your reluctance is information, not a moral failing. A person can value a friendship deeply and still decline its terms and conditions.

Common signs

"A document appears in the group chat."

"You are asked where you have landed."

"You begin to dread a particular notification tone."

What helps

You are not obligated to read the document, hold a position on it, or explain your position if you do. "No" is a complete response. So is silence. So is a single, unbothered "thank you for thinking of me."

When to seek support

If the fatigue persists, our peer network is available. Meetings are informal and entirely free of paperwork.

`rockhillstatement.com/support`

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