

## **ADVERTISING CAMPAIGN**

My Name is x. I can paint pictures with my words etc... Here is the picture I want to paint today.

Has anyone here ever considered this when thinking about their mental health issues and thought that maybe bringing this Theory by Milton that was coined in 2012 to their doctor or their managers attention.

GOOGLE - Double Empathy Problem Theory  
- Triple Empathy Problem Theory

I am attempting to prove this theory and the more people are aware the better. Research The Double Empathy Problem Theory and ask yourself the simple question

"What is the problem here. Me or them?"

Document EVERYTHING that happens at work and what you experience with people you connect with. Just make sure it is PROVABLE. EVERY WORD. Then email it to Milton in the UK.

EASY RIGHT?

and post with this simple idea in the thread or hashtag  
AND TELL YOUR FRIEND

**#EASYTORUNHARDTOSPEAK - #IAmNotTheProblem**