

THE UNSAID WALL

What I can't tell anyone

Most of us carry sentences we have never said. Some are too painful. Some feel disloyal, embarrassing or frightening. Some could change a relationship. Others have been rehearsed internally so many times that we no longer know whether we want to say them or simply need somewhere for them to exist.

The Unsaid Wall is a private place to write those sentences without committing yourself to a conversation. Putting something on this wall does not mean you must tell anybody. It does not mean you have made a decision. It simply means you no longer have to pretend, on this page, that the thought is not there.

Writing it is not the same as saying it

You remain in control of what happens next. A sentence can stay private, be revisited later, be taken into therapy, become part of a boundary or eventually be shared. There is no requirement to turn every private truth into disclosure.

Why do things remain unsaid?

Fear of conflict, rejection or being misunderstood can keep words inside. We may be protecting another person, protecting ourselves, people-pleasing, masking, following family rules about what can be discussed, or remembering earlier occasions when we were dismissed or not believed. Sometimes we simply do not have the language yet.

Begin anywhere

What I really want to tell you is... I've never told anyone that... I pretend I'm okay with... I'm scared you'll think differently of me if... I wish you understood... I'm still angry about... I need you to know... The truth is...

PUT THE UNSAID HERE

You do not need to make it polite. You do not need to explain both sides. This page is for the sentence as it exists inside you.

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If a full sentence feels too much

Write a name, a date, one word, initials, a question mark or even 'I know what this space means.' Privacy can be part of the exercise. You never have to write details you do not want recorded.

You can destroy the page

If keeping the writing would make you uncomfortable or unsafe, you can tear it up or dispose of it securely after reflecting. The value can be in the act of expressing it, not in keeping a permanent record.

WHY HAVEN'T I SAID IT?

Choose one item only. Instead of asking 'Why am I so weak that I can't say this?', explore what has made silence feel necessary.

What am I afraid might happen?

Conflict? Rejection? Anger? Being laughed at? Being disbelieved? Hurting somebody? Losing a relationship? Being seen differently? Having to deal with what comes afterwards? Naming the feared consequence can help you understand the silence.

Who have I been protecting?

Sometimes silence protects another person's feelings. Sometimes it protects our role in a family or relationship. Sometimes it protects us from consequences we are not ready to face. Protection is not automatically good or bad; understanding it helps you make a more informed choice.

Have I tried to speak before?

Past experiences matter. If you were interrupted, dismissed, punished, mocked, blamed or repeatedly misunderstood, staying quiet may have become a learned way of reducing risk. That history deserves to be recognised rather than judged.

Do I actually want to say it?

Not every truth requires an audience. Ask whether speaking would serve you, the relationship, your safety or a practical need — or whether the important part was finally admitting it to yourself.

A different question

Instead of **Should I tell them?**, try: **What would I hope might happen if I did?**

What comes back when I read it?

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WHAT HAPPENS TO THE UNSAID?

There are more choices than 'say it' or 'keep it bottled up'.

KEEP PRIVATE	It may be enough that you acknowledged it.
MORE TIME	You do not need to decide today.
THERAPY / SUPPORT	Explore it first with somebody who is not directly involved.
WRITE, DON'T SEND	A letter can help organise what you feel without becoming a message.
BOUNDARY	You may not need to explain everything in order to change what you will accept.
SHARE PART	You can communicate one piece without telling the whole story.
CONVERSATION	If you choose to speak, think about timing, safety and what you want from it.

Before sharing something difficult

Consider what you want the other person to understand, whether you are asking for listening or action, what boundary you may need, and whether the setting feels sufficiently safe. You can prepare one opening sentence rather than the whole conversation.

What I want them to understand: _____

What I need from the conversation: _____

What I will do if I become overwhelmed: _____

What can remain private: _____

You are allowed to have an inner world that does not belong to everybody else.

WHEN THE UNSAID INVOLVES SAFETY

Privacy matters, but immediate safety matters too.

If what you have written involves current abuse, coercion, exploitation, danger, thoughts of harming yourself or somebody else, or feeling unable to stay safe, consider getting appropriate human support rather than carrying it entirely alone. In an immediate UK emergency call 999 or attend A&E.; NHS 111 can direct urgent mental-health support, and Samaritans can be contacted on 116 123.

A message from Maggie

There are things we do not say because we are frightened of the response. There are things we do not say because we have spent years being the person who keeps everything together. And there are things we cannot say because we still do not fully understand them ourselves.

I wanted this wall to give you somewhere that does not demand an explanation. You can write the sentence exactly as it exists in your head. It can be angry. It can be sad. It can contradict what you said yesterday. It can even be something you never intend another person to read.

You decide what happens to the words after they reach the wall. Sometimes speaking is important. Sometimes a boundary is enough. Sometimes support helps us find the words. And sometimes the sentence simply needed somewhere safe to exist outside our own head for a while.

Further reading

Set Boundaries, Find Peace — Nedra Glover Tawwab

Nonviolent Communication — Marshall B. Rosenberg

The Happiness Trap — Russ Harris

Adult Children of Emotionally Immature Parents — Lindsay C. Gibson

Clinical notes and sources

This resource draws on expressive writing, emotional disclosure, cognitive defusion, boundary work and trauma-informed principles of choice and safety. Research on expressive disclosure has explored how putting difficult experiences into language can support processing for some people, while outcomes vary and writing is not appropriate or helpful for everyone.

Important: This guide is for information and self-reflection. It is not a diagnosis, safeguarding assessment or substitute for individual medical, psychological, legal or crisis support.