



## **Conversation Starter Template**

"I've been feeling unwell and have noticed some of my symptoms—like headaches and insomnia—seem to get worse around certain electronic devices. After doing some research, I've learned about EMF exposure and how it might affect sensitive individuals. I'm trying to track my symptoms and reduce exposure where possible. I'm not asking you to make big changes, but small things like turning off Wi-Fi at night or using speakerphone instead of holding your phone to your head can make a big difference. I appreciate your support while I work through this."

Use this template to start a calm, respectful conversation about your experience and needs.