The Support Request Rehearsal - Cooperative Planning Workshop

You may write, draw, think quietly, use fiction, observe, or pass. Share only what you choose. This educational activity is not a test.

Fictional example: A member wants a short conversation during a difficult evening.

1. What is known in the fictional example, and what needs checking?

2. Draft a brief message that names the kind of support wanted without requiring disclosure of details. My notes, drawing, or possible response:

3. What makes the request answerable?

4. One optional next step, support, or reason to revise the idea:

You can pause or stop. Ask your facilitator for an alternative if this does not fit. No identifying information belongs in shared copies. Independent clinical review pending.