Urge Delay Toolbox

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A fictional person notices an unexpected urge after work.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Prepare several low-risk ways to use a short delay while contacting chosen support.

3. Which option is available without extra money?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.