Reassurance Request Review

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

Someone asks repeatedly whether a friend is upset.

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

2. Try this task: Explore what a request for reassurance is trying to provide and other kinds of support.

3. What information or support is actually needed?

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.