Pressure Language Swap

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 character believes every message needs an immediate reply.

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

2. Try this task: Replace rigid must statements with accurate obligations and chosen preferences.

3. Which demands are real and which are assumed?

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.