Practical Problem Clinic

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 bus connection makes arriving on time difficult.

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

2. Try this task: Generate several options for a solvable everyday stressor and choose one test.

3. What option addresses the practical barrier?

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.