Request or Demand

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 friend asks for a favor at short notice.

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

2. Try this task: Distinguish a request that permits refusal from a demand with a hidden penalty.

3. What happens if the answer is no?

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.