No With Less Explaining

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 person receives an invitation they cannot accept.

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

2. Try this task: Practice a brief decline and choose whether any explanation is useful.

3. What amount of explanation feels enough?

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.