Support Without a Rescue Role

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 repeatedly asks one person to solve every problem.

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

2. Try this task: Explore ways to care while keeping responsibilities and limits clear.

3. What help is sustainable?

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.