Pause Point Relay

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 shared kitchen is left untidy again.

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

2. Try this task: Rehearse three places to pause between noticing an urge and choosing an action.

3. Where could a pause become realistic?

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.