Need Beneath the Volume

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 teammate speaks sharply after repeated interruptions.

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

2. Try this task: Link a strong emotional signal with possible unmet needs and several respectful responses.

3. What need could you check without assuming?

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.