Urge and Action Fork

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 delayed bus brings an urge to shout.

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

2. Try this task: Separate feeling, urge, and chosen action using a three-column fictional example.

3. Which choices remain available?

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.