Embarrassment Recovery Cards

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

Someone forgets a name during an introduction.

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

2. Try this task: Create kind, realistic responses to an ordinary embarrassing mistake.

3. What helps without minimizing the feeling?

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.