Disappointment Two Truths

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 planned outing is canceled after much anticipation.

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

2. Try this task: Hold disappointment and another accurate fact in the same sentence.

3. What can be true alongside disappointment?

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.