Intensity Dial Practice

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

Two people disagree about meeting time.

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

2. Try this task: Compare softer and stronger wording for the same message and notice its effect.

3. Which wording preserves the message?

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.