Reset Menu Exchange

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 person has only two minutes between commitments.

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

2. Try this task: Build a menu of brief, accessible pause options and note when each may not fit.

3. Which option is actually 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.