Emotion and Evidence

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

An unanswered message feels like rejection.

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

2. Try this task: Distinguish an emotion's message from facts that need checking.

3. What information is still missing?

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.