Feeling-to-Request Bridge

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 group member feels overwhelmed by several instructions.

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

2. Try this task: Turn a feeling statement into a concrete request another person can answer.

3. What request is specific enough to try?

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.