Small Recovery Markers

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 begins settling after a difficult call.

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

2. Try this task: Identify observable signs that an emotional moment is shifting without demanding calm.

3. What change could be small but meaningful?

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.