Closing With a Choice

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 conversation has felt tiring.

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

2. Try this task: Create three optional ways to end an emotional discussion with agency.

3. What would a respectful ending offer?

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.