Different Needs Same Room

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

Family members unwind in different ways.

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

2. Try this task: Compare preferences for quiet, contact, and routine without choosing a correct need.

3. What arrangement could respect more than one need?

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.