Repair Across Generations

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 older relative interrupts a younger adult.

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

2. Try this task: Practice acknowledging impact without dismissing a concern because of age or role.

3. What acknowledgment would show listening?

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.