Privacy Within Connection

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 relative asks for frequent personal updates.

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

2. Try this task: Distinguish caring questions from information someone may choose to keep private.

3. What limit would preserve connection and privacy?

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.