Care Without Assumptions

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

Someone recovering from an ordinary stressful week wants space.

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

2. Try this task: Ask what help a relative wants rather than assuming what care should look like.

3. How can caring include respecting no?

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.