Connection Ritual Test

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 family wants more predictable contact.

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

2. Try this task: Try a small optional routine for connection and choose how to review it.

3. What would show whether the routine fits?

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.