Anniversary Choice Plan

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 difficult anniversary is approaching.

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

2. Try this task: Prepare several optional ways to approach a meaningful date.

3. What can change if the day feels different than expected?

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.