Help With Everyday Tasks

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

Shopping and paperwork have become difficult.

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

2. Try this task: Practice asking for one concrete form of assistance during grief.

3. What specific request could someone answer?

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.