Resilience Team Credits

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 person wants to recognize support without minimizing difficulty.

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

2. Try this task: Create credits for resources, people, and personal actions that helped during an ordinary challenge.

3. What deserves acknowledgment?

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.