Future Without Erasing

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 is considering a new interest.

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

2. Try this task: Describe a possible next chapter while keeping the person's chosen connection with what was lost.

3. What does moving forward mean to them?

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.