Grief Boundary Rehearsal

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 character is asked for details they wish to keep private.

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

2. Try this task: Practice declining questions or rituals that do not fit.

3. What words protect that choice?

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.