Labels and Whole People

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

Someone is described only as unreliable after one mistake.

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

2. Try this task: Separate a label from a person's roles, preferences, and current circumstances.

3. What information is missing from that label?

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.