Strength in Different Settings

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 patient with children but struggles in a crowded queue.

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

2. Try this task: Locate where a skill appears and where support is still needed.

3. What makes a strength easier to use?

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.