My Name for My Experience

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 dislikes a nickname given by peers.

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

2. Try this task: Choose words or symbols for an experience without adopting others' labels.

3. What wording would they choose?

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.