# Self-Respect Choice Points

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 deciding whether to accept an extra commitment.

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

### 2. Try this task: Identify a small choice that aligns with a personally chosen value.

### 3. What choice supports self-respect here?

### 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.