Strengths From Community

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 learned resourcefulness from several people.

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

2. Try this task: Explore skills learned through relationships and community without assuming every connection was supportive.

3. Which connections do they choose to honor?

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.