Change Language Detective

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 talks about changing a bedtime routine.

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

2. Try this task: Identify desire, reasons, abilities, and needs in fictional statements without pressuring action.

3. Which statement sounds like the person's own reason?

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.