Reasons Pocket Cards

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 wants steadier contact with friends.

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

2. Try this task: Write personally meaningful reasons for a change in the person's own words.

3. Which reason would still matter without praise?

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.