Confidence Evidence Hunt

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 doubts their ability to make a phone call.

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

2. Try this task: Identify previous actions that show relevant skills without dismissing current barriers.

3. What past experience offers a useful clue?

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.