Choice Menu Conversation

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 facilitator character has several suggestions.

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

2. Try this task: Offer several possible next steps and practice accepting a different choice or no choice.

3. How can options remain an invitation?

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.