Permission Before Advice

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 peer has an idea about a friend's routine.

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

2. Try this task: Practice asking whether information or ideas would be useful before offering them.

3. How would you respond to no?

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.