Supporter Role Negotiation

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 friend wants to help with a new goal.

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

2. Try this task: Ask a supporter what help they can offer and state what help is unwanted.

3. What agreement would be specific?

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.