Lapse Learning Without Shame

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 misses a personally chosen recovery goal.

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

2. Try this task: Use a fictional setback to separate facts, immediate support needs, and future adjustments.

3. What support matters before analyzing the setback?

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.