Activation Without Diagnosis

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 finds a busy waiting area difficult.

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

2. Try this task: Describe personally chosen everyday cues of overwhelm without assigning causes or diagnoses.

3. What cue indicates a need to adjust the environment?

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.