Support Contact Rehearsal

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 person wants company while completing a difficult task.

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

2. Try this task: Practice a concise request for support during routine overwhelm without sharing event details.

3. What should the supporter know to help?

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.