Arousal Language Preferences

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 participant dislikes labels such as shutdown.

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

2. Try this task: Compare everyday descriptions of energy and overwhelm without requiring a particular model.

3. Which language feels accurate to them?

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.