Support and Autonomy Balance

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 helper wants constant updates from someone.

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

2. Try this task: Explore how support can offer options rather than control or surveillance.

3. What support has the person agreed to?

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.