Refusal With an Exit

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

Someone is invited to an activity that does not fit their goal.

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

2. Try this task: Practice a brief refusal and an accessible exit plan using a low-intensity fictional invitation.

3. What makes the exit realistic?

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.