

Reconnecting With Everyday Choice

Trauma and stabilization | Adults and teens 13+ | 10 to 15 minutes

Notice present day agency and identify one preference or support to strengthen it.

Use these prompts to notice choice in your present life. You do not need to write about a traumatic experience or find a lesson in it. A few words, a drawing, or a conversation can be enough.

Stay with the current day

Choose an ordinary moment, such as deciding where to sit, what to wear, whether to answer a message, or whom to ask for help. Notice which options felt available and which were limited by your circumstances. Having limited choice is not a personal failure.

Make one preference visible

Name one thing you would like more say in. You might communicate a preference, ask for information, set a boundary, or seek practical help. Keep the next step small and safe. Stop writing if the prompts pull you into details you do not want to explore.

One choice I made today and what it meant to me

An area where my choices felt limited and what contributed to that

A preference or boundary I want someone to understand

One safe step or support that could give me more room to choose