Ubuntu: community care with choice | Rehearse

Ask, Offer, and Leave Room for No

Adults | 8 to 15 minutes | Clinician script

Practice a mutual-care conversation in which both people can set limits.

Use an imaginary situation or work with a willing partner. The aim is to make an invitation clear enough that the other person can choose. No one needs to reveal a personal hardship.

How to use this page

Choose a practical example such as sharing information, checking in, or helping with a small task. Agree that passing is a complete response.

Practice an ask

The requester names one need and a timeframe: "Would you have ten minutes to help me find the bus route this week?" The responder can agree, decline, or offer a different time. The requester thanks them for a clear answer and may seek another option.

Practice an offer

The giver asks permission before taking over: "Would help with the form be useful? I can stay for fifteen minutes." The receiver decides whether that help fits. A well-meant offer can still be declined, and the giver does not need a private explanation.

Check what each person understood

Before ending, restate the actual agreement and its limits. Avoid promises of constant availability or confidentiality that the setting cannot guarantee. In a group, discuss the wording using the fictional situation; do not turn the exercise into a public list of personal needs.

Original educational material. Not a validated assessment or treatment protocol.

PK09-04 | continued

1. An ask or offer I could use, including its limit and a way to decline

Facilitator notes and adaptation

Watch for power differences and pressure to reciprocate. Do not allow role-play to create binding promises, volunteer assignments, or disclosures participants did not choose.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PB08 | Desmond Tutu; foreword published by Amnesty International USA | Archbishop Desmond Tutu on Dignity

https://www.amnestyusa.org/blog/archbishop-desmond-tutu-on-dignity/

PB09 | World Health Organization | Guidance on Community Mental Health Services: Promoting Person-Centred and Rights-Based Approaches

https://www.who.int/publications/i/item/9789240025707

Original educational material. Not a validated assessment or treatment protocol.