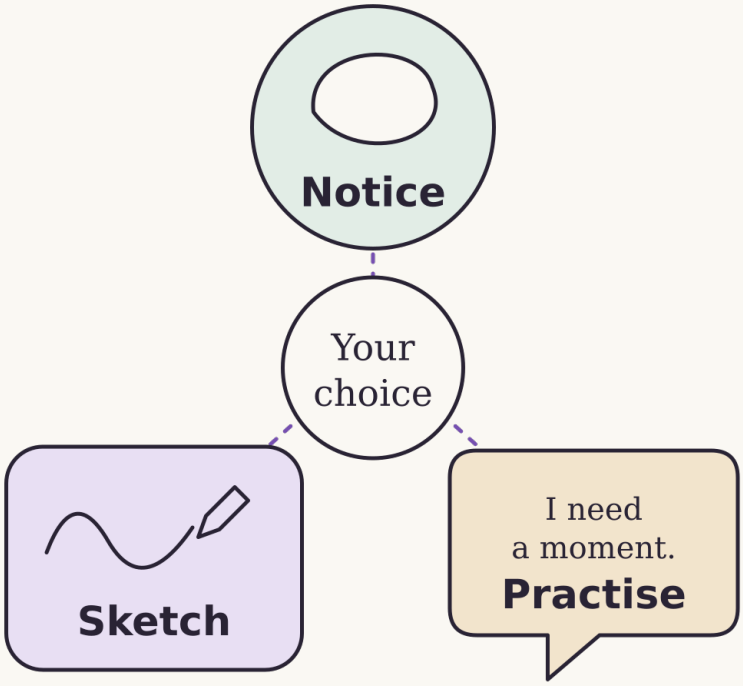
TRY AN ACTIVITY

Explore an idea by doing

Try an everyday object, a sketch, or a few words. Choose whatever feels useful today.



Find one detail. Choose something nearby: a familiar object, clothing, or a surface supporting you. Notice one edge, texture, or point of contact.

You can look, touch, or simply notice where you are. No special object is needed.

Give an idea a shape. Use a line, shape, word, or two objects to represent what is on your mind. Add or choose one thing that stands for what you need.

Drawing is optional. Arranging words or objects works too.

Try a phrase privately. Choose a phrase such as “I need a moment” or “Could you help me with this?” Say it, write it, sign it, or use your usual communication aid.

If using a phrase with someone could put you at risk, seek support with safety planning first.

There is no sequence to finish. Skip any option, adapt it, or stop.

Original exploration prompts. Sources and text alternatives are included on the website.

Reading: VA Whole Health

Reading: CCI assertiveness