Curiosity without pressure

Reflection and understanding | 1 of 2

You can be curious without adopting a label, joining a community or trying an activity.

Name or initials (optional): _____ Date: _____

1. What has prompted my curiosity, and what would I like to understand?

2. Which ideas appeal to me in imagination? Which, if any, do I want to discuss in real life?

3. What feels uncertain or outside my boundaries? What information would help?

Curiosity without pressure

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What would help me recognise a respectful conversation or learning environment?

5. What pace feels comfortable, and what would help me resist pressure to move faster?

6. What is one question I can explore next without committing to an encounter?

My next step / support I can ask for / date to review: