

Confusion Confessions & Reframes

Everyone gets confused sometimes.

This is your safe space to be honest.

Why we're doing this:

This activity helps you feel comfortable talking about times when you felt confused or embarrassed about not knowing something. It shows that confusion is normal— and nothing to be ashamed of.

Let's get started:

Q1. Tell your story

*Describe a time when you felt embarrassed or confused because you didn't know something. What happened? How did it make you feel?
(Be honest—this is a safe space to share.)*

Q2. Can we share your story with the group?

(Check one below.)

- ☐ Yes, but please keep my name private (anonymous).
- ☐ Yes, and you can include my name.
- ☐ No, I don't want my story shared.

Q3. Why didn't you speak up or admit your confusion at the time?

(You can pick more than one.)

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| ☐ I felt embarrassed. | ☐ I thought I was the only one confused. |
| ☐ I was afraid of how others would react. | ☐ I didn't know how to ask |
| ☐ I didn't want people to think I was dumb. | ☐ Other (please explain): |
