

Tool #9 – Confusion Confessions & Reframes

Name:

School / Class:

Why We're Doing This

Everyone gets confused sometimes. This is a safe place to be honest. Talking about confusion helps us realize it is normal and nothing to be embarrassed about.

Q1. Tell Your Story

Describe a time when you felt embarrass-ed confused because you didn't know something.

What happened?

How did it make you feel?

(Be honest—this is a safe space to share)

Write your story here:

Q2. Can we share your story with the group? (Check one)

- ☐ 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 may choose more than one)

- ☐ I felt embarrassed.
- ☐ I was afraid of how others would react.
- ☐ I didn't want people to think I was dumb.
- ☐ I thought I was the only one confused.
- ☐ I didn't know how to ask or where to start.
- ☐ Other: