# Confidence Needs Resources - Shared Pattern Map

You may write, draw, think quietly, use fiction, observe, or pass. Share only what you choose. This educational activity is not a test.

Fictional example: A member wants to attend care but lacks reliable transport.

### 1. What is known in the fictional example, and what needs checking?

### 2. Identify an action, what supports confidence, and one missing resource rather than treating confidence as a trait. My notes, drawing, or possible response:

### 3. What would make confidence more grounded in actual support?

### 4. One optional next step, support, or reason to revise the idea:

You can pause or stop. Ask your facilitator for an alternative if this does not fit. No identifying information belongs in shared copies. Independent clinical review pending.