Confidence Needs Resources - Supported Practice Lab

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.