Coping Options with Conditions - 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: Quiet music helps one member, while another needs company.

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

2. Compare several coping options and name when each would be inaccessible or unhelpful. My notes, drawing, or possible response:

3. Which conditions determine whether an option fits?

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.