Making Friction Helpful - Learning Review Circle

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 chooses a different route after discussing practical options.

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

2. Design a self-chosen change in routine or environment that supports a recovery goal without surveillance. My notes, drawing, or possible response:

3. What makes the change supportive rather than coercive?

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.