When a Strategy Does Not Fit - 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 suggested grounding exercise increases discomfort for a fictional member.

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

2. Revise a coping plan after an option is neutral, unpleasant, or unavailable. My notes, drawing, or possible response:

3. What alternative honors that information?

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.