Receiving Is Participation - 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 feels they must be useful to deserve support.

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

2. Design a mutual-care exchange that includes receiving help and choosing not to contribute today. My notes, drawing, or possible response:

3. How can the group make room for receiving?

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.