Advice or Listening - 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 describes a difficult week without asking for solutions.

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

2. Practice checking whether someone wants ideas, information, or simply to be heard. My notes, drawing, or possible response:

3. What question preserves their choice?

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.