Stress and Support Balance - 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's crowded housing makes rest and routines difficult.

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

2. Map current demands, vulnerabilities, coping resources, and environmental supports. My notes, drawing, or possible response:

3. Which part of the situation needs outside support?

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.