Trauma-Informed Choice in Groups - 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 does not want body-focused practice.

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

2. Adapt an ordinary exercise to allow observation, external focus, and passing without requesting trauma narratives. My notes, drawing, or possible response:

3. What alternative protects meaningful 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.