Self-Compassion after a Hard Day - 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 plan did not work during a stressful week.

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

2. Draft an inner response that names difficulty, context, and an optional next action. My notes, drawing, or possible response:

3. What statement is kind without denying impact?

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.