An Evening with Options - 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 finds evenings isolating.

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

2. Create several ways to spend an unstructured evening without assuming money, transport, or high energy. My notes, drawing, or possible response:

3. Which option meets an actual need?

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.