# Boundaries with Old Contacts - 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 is deciding how much contact fits an old friendship.

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

### 2. Compare contact options, personal goals, safety concerns, and support needs without judging entire relationships. My notes, drawing, or possible response:

### 3. What degree of contact supports current choices?

### 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.