Loneliness without Rushing Intimacy - 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 misses companionship during early recovery.

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

2. Plan connection options that do not require an immediate romantic or deeply personal bond. My notes, drawing, or possible response:

3. What connection is wanted now?

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.