A Tiny Commitment - 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 wants to express care through one manageable task.

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

2. Define an observable action, support, and review time linked to a chosen value. My notes, drawing, or possible response:

3. What is small enough to attempt?

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.