Noticing Drift without Alarm - Supported Practice Lab

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 attends fewer social activities after a schedule change.

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

2. Identify personally relevant changes and questions for support without interpreting every variation as relapse. My notes, drawing, or possible response:

3. What needs curiosity rather than an automatic conclusion?

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.