IMR Group: Personal Recovery Vision - 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: Casey wants to return to a community art group.

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

2. Describe a meaningful role or activity and one small change that could support participation. My notes, drawing, or possible response:

3. How could managing current difficulties support this goal?

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.