IMR Group: Understanding My Experience - 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 clearer information about recurring concentration difficulties.

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

2. Separate experiences you notice, explanations offered by providers, and questions you still want answered. My notes, drawing, or possible response:

3. What would you like explained in your own language?

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.