IMR Group: Stress and Vulnerability Map - 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 notices a crowded living situation makes routines harder.

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

2. Map current stress, environmental demands, coping resources, and supports without assigning blame. My notes, drawing, or possible response:

3. Which part of the environment or support system could change?

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.