IMR Group: Personal Early Warning Signs - 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 less sleep and difficulty attending usual activities.

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

2. With a clinician, list personally meaningful early changes, possible alternative explanations, and agreed response steps. My notes, drawing, or possible response:

3. Which changes should prompt a planned conversation with your team?

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.