IMR Group: Distressing Thoughts Conversation - Shared Pattern Map

25 minutes | 3-12 people | Adults with trained group facilitation

Describe the distress, impact on daily life, and support wanted; do not investigate or act on a feared explanation during the exercise.

Open with choice - 3 minutes

Explain the purpose, privacy limits, and the option to observe, use fiction, adapt, or pass. Check access needs and group readiness; do not promise absolute confidentiality.

Meet the fictional case - 4 minutes

Casey feels unsafe after a confusing interaction and wants help discussing it. Ask what is known, what is assumed, and what the person in the case wants.

Practice: Mapping - 11 minutes

Describe the distress, impact on daily life, and support wanted; do not investigate or act on a feared explanation during the exercise. Each person privately maps the fictional case. Offer optional contributions to a shared map, then compare where context, access, and support change the picture. Do not interpret another person's map.

Reflect and compare - 4 minutes

What would help you feel heard while uncertainty is explored safely? Ask what fits, what does not, and what external conditions or supports affect the options. No personal disclosure is required.

Close and integrate - 3 minutes

Invite an optional observation, support request, or small next step. Passing is welcome. Agree how to revisit questions and seek appropriate help outside the exercise.

Practice output

A map with at least two possible support or choice points.

Scope and care

Use fictional or ordinary examples, consent, accessibility adaptations, and passing. Original educational group facilitation; not a complete treatment protocol. Do not interpret drawings or require personal disclosure. IMR-informed companion practice, not the official IMR manual or a fidelity-verified program. Use existing care plans and do not change medication independently.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background references: GP01, GP02, RF-IMR. Full source links: library.morethantherapy.org/group-activities/GRP1096