IMR Group: Distressing Thoughts Conversation - 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 feels unsafe after a confusing interaction and wants help discussing it.

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

2. Describe the distress, impact on daily life, and support wanted; do not investigate or act on a feared explanation during the exercise. My notes, drawing, or possible response:

3. What would help you feel heard while uncertainty is explored safely?

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.