House Group: Doorways of Choice - Learning Review Circle

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: Riley pauses before sending a reactive message.

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

2. Map one ordinary choice point, a pause strategy, and a next action consistent with a current goal. My notes, drawing, or possible response:

3. What helps you notice the doorway in time?

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.