House Group: Room for Emotions - 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: Riley feels relief and sadness after a change.

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

2. Assign rooms or colors to mixed emotions and note what each may be signaling; the maker defines all meanings. My notes, drawing, or possible response:

3. What does each feeling need you to notice?

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.