House Group: The Mindfulness Corner - 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 notices three shapes in the room rather than focusing on breathing.

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

2. Choose a visual detail, sound, or neutral task to notice for a short interval without requiring calm. My notes, drawing, or possible response:

3. What form of attention fits your needs today?

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.