Both Sides of Readiness - 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: A member values health and worries about losing a coping routine.

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

2. Map reasons for change and reasons for hesitation without asking the group to persuade someone. My notes, drawing, or possible response:

3. What needs understanding before action is proposed?

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.