The Ten-Minute Support Bridge - 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 faces an uncertain wait after work.

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

2. Build a brief sequence of one accessible action, one support contact, and a reassessment point. My notes, drawing, or possible response:

3. What step can be used when concentration is limited?

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.