After the Urge Window - 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 used a support contact and still had a difficult evening.

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

2. Review what happened after an urge period, including context and support rather than only the final behavior. My notes, drawing, or possible response:

3. What information should the next plan retain?

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.