The Warning Sign Check-In - 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 notices less sleep and more isolation.

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

2. Compare personally defined early changes with alternative explanations and agreed care responses. My notes, drawing, or possible response:

3. What needs professional assessment rather than a group conclusion?

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.