Support Roles without Overload - 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 friend can provide company but not late-night availability.

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

2. Map the different kinds of support people can realistically offer. My notes, drawing, or possible response:

3. What needs another route of support?

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.