Communicating Distressing Experiences - 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 is frightened by a confusing experience.

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

2. Describe distress, daily impact, and support wanted without debating or confirming an unverified explanation. My notes, drawing, or possible response:

3. What response can acknowledge distress and preserve uncertainty?

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.