Receiving Encouragement that Fits - 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 dislikes being told they are inspiring.

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

2. Create accurate acknowledgments of effort and ask whether the recipient finds them useful. My notes, drawing, or possible response:

3. What recognition feels believable and respectful?

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.