Recovery Values Compass - 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 values presence and wants a predictable family check-in.

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

2. Choose a personally meaningful quality and a small recovery-related action that expresses it. My notes, drawing, or possible response:

3. What direction matters beyond a behavior target?

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.