A Recovery Role Rehearsal - Supported Practice Lab

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 wants to participate as a reliable teammate.

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

2. Practice one small behavior consistent with a desired role while avoiding a performance test. My notes, drawing, or possible response:

3. What action expresses the role without pretending certainty?

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.