Stress and Vulnerability Map - Review journal

Review an attempt at stress and vulnerability map and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Casey notices a crowded living situation makes routines harder.

Use an ordinary or fictional example, with a clinician when appropriate. Experiences are affected by interacting stressors, supports, and individual vulnerabilities.

Practice task

Map current stress, environmental demands, coping resources, and supports without assigning blame.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. Which part of the environment or support system could change? My optional adjustment or support request:

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A03-5