UNDERSTAND / RESOURCE 03

My Communication Pattern Map

Connect a situation, prediction, feeling and response.

Name / reference: _____ Date: _____

A communication pattern can bring short-term relief while creating difficulties later. Mapping one episode helps you notice what happens before and after your response. Describe what you know, separate it from what you guessed, and consider what the response helped you manage at the time.

WORKED EXAMPLE

Situation: asked to work late. Prediction: "If I refuse, they will think I am selfish." Feeling: anxiety, tight chest. Response: agree immediately. Short term: relief. Later: tired and resentful. Possible alternative: pause, check capacity, then answer clearly.

START HERE

What happened? Who was involved? Keep facts separate from guesses.

What went through my mind? What did I predict?

What emotions and body sensations did I notice?

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A HELPFUL REMINDER

Explore the function of the response with curiosity. A learned protective response is not a character flaw.

PRACTISE IN YOUR OWN WORDS

What did I say or do, including avoiding, hinting or over-explaining?

What happened immediately? What did the response help me avoid?

What happened later, for me and the conversation?

What might keep this pattern going?

One alternative response I could try, with appropriate support: