

Foreseeable Changes

Identify possible future events that could quickly increase risk

"Let's think together about a couple of events that could be big "oh no" moments for you."

"I know this might be something you don't want to think about, but it's important."

"What is a specific event that could make you feel out of control, disconnected or more overwhelmed alone, or embarrassed?"

"Could you help me get a movie in my head about what could happen?"



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