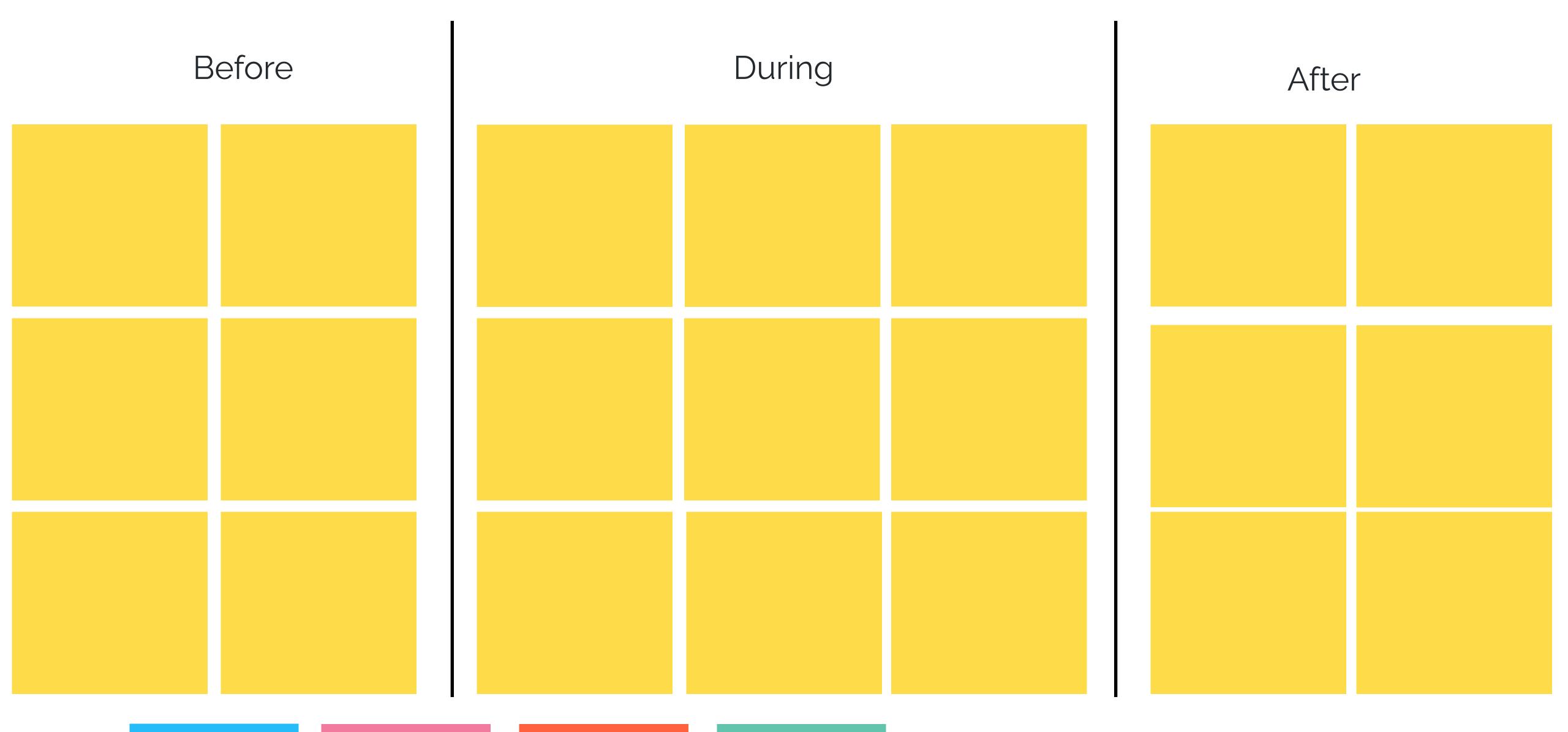
Title of what you are mapping. Name + subject + scenario.



Key: Doing Thinking Feeling Tech used

## Eriol's PTSD flashback and using google sheets - 'first person' journey map

Before			During	After		
Preparing for Overwhell a meeting with wo	ned k	Trying to follow nversations	Felt about 5 seconds delay in speech	Fast breathing	Panicked	Visions / seeing physical memories of injuries
Nervous unsure		yper aware	Turn off camera/stop speaking	Struggling to read cells in spreadsheet	Rigid limbs	Screaming
	S	Shortsentences	Hold breath when called on	Blurred vision	Crying	Exhausted

Key:

Doing

Thinking

Feeling

Tech used

## Eriol's filing a missing person report - first person supportive journey map

Before		During				After		
Working, regular day at desk in office	Receive phone call - missed because of work hours	Worry, long waits (comparatively)	Long phone calls	Radio appeals		Check police articles at least times per day.	Call police service number ta least once per day until day 3	
Checking messages on break	Receive crisis message from family	Pacing, restless nothing useful to do	Return to work but distracted	Questions, frustration lack of answers		Check facebook posts for local area	After mother is found, I take time thanking people	
Call family, panicked, how can I help?	Leave work, quickly, notifying boss, drive home.	Interviews with police and other orgs	Accusations, house searches	Retracing details		Relaxed but confused	Unsure how to proceed. Many questions.	

Key:

Doing

Thinking

Feeling

Tech used