

EverGuide 4Ms-Plus™ — Expression Summary

Participant: Mary H.

Client #: 12345

Facilitator: James Kraft, Ph.D.

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Sample EverGuide Dashboard Content – For Demonstration Purposes Only

What Mary Shared

When we talked about expression and communication, Mary described herself as someone who has always preferred to speak plainly and directly. She shared that she still feels able to say what she means, though she sometimes needs a moment to gather her thoughts.

“I know what I want to say,” she said, “it just doesn’t always come out as quickly as it used to.” Mary noted that she feels most comfortable talking one-on-one and appreciates when conversations are unhurried.

She also mentioned that writing helps her express herself. “If I write it down first, I feel clearer,” she said. “Then I can say it out loud.”

Facilitator Observations

Mary communicated thoughtfully and with intention throughout the conversation. She chose her words carefully and appeared comfortable asking for time when she needed it. Her communication style suggested reflection rather than difficulty.

Key Insights

- Mary values being understood more than speaking quickly.
- One-on-one, unhurried conversations feel most supportive.
- Writing serves as a useful bridge for verbal expression.

Encouragement for Family

Giving Mary time and space to express herself supports her sense of clarity and confidence.

Suggested Next Steps

- Allow extra time for conversations when topics feel important.
- Notice which settings help Mary communicate most comfortably.
- Keep this perspective in mind during appointments or family discussions.