

Competence earns responsibility. Judgement carries it.

Practise a decision before the consequences become real. These fictional scenarios are for reflection or a facilitated discussion, not professional, legal or clinical advice.

Scenario 1 The convenient number

A senior colleague asks you to use last month's figure because the verified number will delay a submission. "We can fix it later," they say. You are new, and your review is approaching.

Work the decision

What do you know, and what is still uncertain? Who could be affected by an inaccurate submission?
What question could you ask without concealing the problem?

Choose a response

Write the first sentence you would use. Identify the appropriate source of guidance or escalation in your own institution. What factual record should you preserve through authorised channels?

Facilitator lens: Look for accuracy, proportionality and use of the correct professional process. Discuss the difference between respectful challenge, silent compliance and unsupported accusation. There is no universal script for every profession or jurisdiction.

Respond before pressure becomes drift.

Use the same reasoning discipline when the risk is a pattern of working, rather than a single request.

Scenario 2 The reliable person

You have become the person who always says yes. After repeated late nights, you notice mistakes and begin hiding them. A colleague asks you to take another urgent task because "you never let us down".

Find the point for intervention

What signals need attention now? Which responsibilities are genuinely yours? What information does your supervisor need to allocate work safely and realistically?

Rehearse a responsible boundary

Write a clear response that states current capacity, the risk and a workable alternative. Name the support or review you would request. If an error has occurred, what correction process applies?

Take one lesson into practice

What habit would reduce the chance of either scenario recurring? Set a review point and identify one person or authorised channel you would approach before pressure escalates.

Discussion rule: Use fictional examples. Do not disclose confidential client, employer or patient information. This exercise develops reflection and conversation; it does not assess fitness to practise, award CPD credit or replace a professional code.