

Education Class Task List - Men

Revised 3.1.24

Tasks should be signed off by your primary therapist.

- Complete intake assessment and communicate SAST score to group therapist.
- Create a daily “routine” for recovery work.
- Complete LifeSTAR workbooks 1-4.
- Review workbooks 1-4 with a primary SABR therapist.
- Read the *Toolbox*.
- Use the “Dailies” chart to track your balance over the course of two weeks.
- Install router filters on home electronics (e.g., OpenDNS).
- Install any type of accountability program (e.g., Covenant Eyes).
- Exchange phone numbers with other men in Phase 1 with whom you can seek support and friendships.
- Complete a “Plan of Action” from the *Toolbox*.
- Prepare a “First Aid Kit” from the *Toolbox*.
- Begin reading *Atomic Habits* by James Clear.