

Education Class Task List - Women

Revised 3.1.24

Tasks should be signed off by your primary therapist.

- Complete intake assessment and communicate BTI score to group therapist.
- Create a daily “routine” for recovery work.
- Complete LifeSTAR workbooks 1-4.
- Review workbooks 1-4 with your primary SABR therapist.
- Read the *Toolbox*.
- Use the Dailies chart to track your balance over the course of two weeks.
- Exchange phone numbers with other women 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*.