

Education Class Task List - Men

Revised 9.5.24

Tasks should be signed off by your primary therapist.

- Complete *SAST assessment* and communicate score to your SABR and primary therapist.
- Create a daily routine for recovery work.
- Complete *Educational Workbook* for Men.
- Review completed *Educational Workbook* with SABR and primary therapist.
- Read *The Tool Chest*.
- Use the *Daily Goals* chart to track your balance over the course of two weeks.
- Install router filters on home electronics (e.g., OpenDNS) & any type of accountability program (e.g., Covenant Eyes).
- Exchange phone numbers with other men in Phase 1 for support and friendships.
- Complete a *Game Plan* from the *Workbook*.
- Prepare an *Ammo Box* from the *Tool Chest*.
- Begin reading *Atomic Habits* by James Clear.