

## Education Class Task List - Partners

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*Revised 9.5.24*

*Tasks should be signed off by your primary therapist.*

- Complete the *BTI assessment* and communicate score to your SABR and primary therapist.
- Create a daily routine for healing work.
- Complete *Educational Workbook* for Women.
- Review completed *Educational Workbook* with your SABR and primary therapist.
- Read the *Tool Chest*.
- Use the *Meeting Needs* chart to track your balance over the course of two weeks.
- Exchange phone numbers with other women in Phase 1 for support and friendships.
- Complete a *Critical Care Plan* from the *Educational Workbook*.
- Prepare a *A Letter to Myself* from the *Tool Chest*.