

Education Class Tasks - Partner

To be signed off by your primary therapist

- Create a daily “routine” for recovery work.
- Complete intake assessment and communicate BTI score to group therapist.
- 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 2 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.