CHECK-IN

Since your last session . . .

- 1. How are you **feeling**?
- 2. What **good coping** have you done?
- 3. Any substance use or other unsafe behavior?
- 4. Did you complete your commitment?
- 5. Community resource update?

CHECK-OUT

- 1. Name one thing you got out of today's session (and any problems with the session).
- 2. What is your new commitment?
- 3. What community resource will you call?

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