Check-In and Check-Out

Check-In

*Since the 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?