

CHECK-IN WORKSHEET

RELATIONAL CHECK-INS

1. What information will be shared (highs/lows, best part of the day/most challenging part of the day, two current emotions, an appreciation of the other person, etc.)?

2. What time each day and where?

RELATIONAL CHECK-INS

1. What recovery information will be shared?

2. What day and time and where?

RELAPSE CHECK-INS

1. What behaviors will be shared?

2. What format will be used to share them (face-to-face, call, text, email)?

3. What scheduling details will be considered when sharing them?

4. What details will be included?

5. How will the other person respond ("Thank you for telling me", ask clarifying questions, stay silent, take a time-out and follow up later, etc.)?

6. What steps will be taken by each after a relapse into a behavior is shared?
