

WEEK 1

REFLECTION/ HOMEWORK



10-15 MINUTES

As we come to the end of our group, let's take some time to reflect on what we did today.

Facilitator should ask the group:

- What are things that went well?
- What are some things we could change for next time?
- What are some things you will take away from our group today?

Before the next session, I would like you to complete two tasks.

1. Identify someone in your life whom you trust, a person you will feel comfortable telling about this group and asking for help with some of our activities. This person can be a family member or friend- it's up to you. Let this person know that you are asking them to be your Support Person, which means that you will be asking for their help in practicing and staying accountable for the skills you'll learn in this group. Ideally, your Support Person should be someone who either lives with you, or whom you see frequently, so that they are able to help you on a regular basis.
2. Second, I'm going to hand out a worksheet that will help guide you as you try to recognize symptoms on your own over the time until we next see each other. Facilitator should pass out the "Symptom Recognition Log" Handout which can be found in the handout section for this week and read through the instructions on it with the group members.



DISCUSSION PROMPT

Do you have any questions?