

Check-In Worksheet

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 (not at work, not when someone is running out the door, after the kids are in bed, not after 10pm, not on business trips, etc.)?

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 (24-hour time-out, contact therapist, sleep in guest room, etc.)?

Recovery Check-Ins

1. What recovery information will be shared?

2. What day and time and where?

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?
