

# Check-Ins

## Relational

- Briefly share emotions and experiences (i.e.- highs and lows)
- Usually daily
- Scheduled

## Recovery

- Share insights and steps taken in structured format
- Usually weekly
- Scheduled

## Relapse

- Inform about relapses into escape behaviors
- Within 24 hours of acting out or before sex (whichever happens first)
- As needed