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## Session Format for *Finding Your Best Self*

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### CHECK-IN

*Since the last session . . .*

1. What's one **positive** aspect of your recovery?
2. What's one **challenging** aspect of your recovery?
3. Any **unsafe behavior** (substance use, self-harm, binge eating/purging, etc.)?
4. Did you complete your **commitment**?

### QUOTATION

- ❖ Read aloud the chapter's opening quotation.
- ❖ One or two people answer, "What's the main point of the quotation?"

### TOPIC

- ❖ Look through today's chapter.
- ❖ Relate it to your life.

### CHECK-OUT

1. **Name one thing** you got out of today's session.
2. What's your **new commitment**?