

GROUP NOTE

Name: Wesley McDade

Today's Date: 6/25/2018

Date of Last Use: 6/24/2018

What was today's group topic? Wellness

1. In what area did you struggle with this week and rate the level of intensity: (1-least....10-most)

Explain what was the struggle.

(substance use, employment, education, relationships, health, legal status, mental health, emotional maintenance, coping, spirituality)

Living @ Fun Between vs relationships

2. Describe what way/s your answer for question #1 would improve by one number:

self-esteem and self-worth plus real delegation of things

3. What do you think about what you learned from the group today, does it apply to you, do you agree or disagree with its value (2-4 sentences)

Important topic and in particular the goals from individuals and the extent of goal values was able to be adopted in
myself

4. Give one specific example in how you can apply the information you learned to reduce symptoms, develop skill and/or change behavior. (3-5 sentences)

Unsure

5. Describe what progress you made on your treatment goals (3-5 sentences)

Not Sure

6. Describe 3 skills / resources / activities that you use or participate in outside of group to prevent relapse.

Exercise

N.A.

Meditation

Before group: _____

After group: _____