

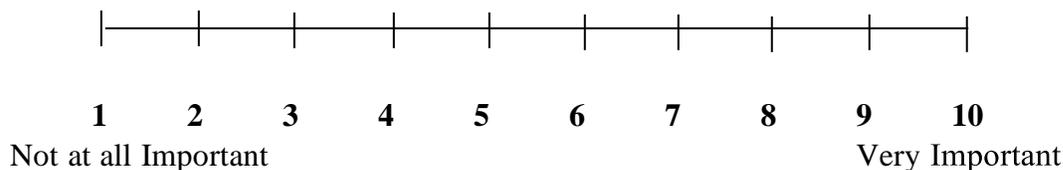
Confidence Rating

Name: _____

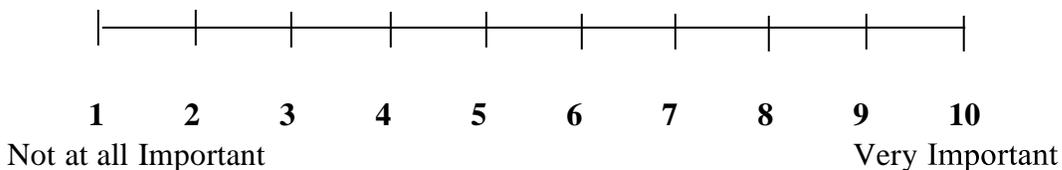
Date: _____

As a member of the group, you have agreed to the following guidelines. Please rate how confident you are that you can follow these guidelines. While it's normal to intend to follow all the rules, you are encouraged to think about times you have had trouble with any of these items in the past or rules that are most challenging for you in general.

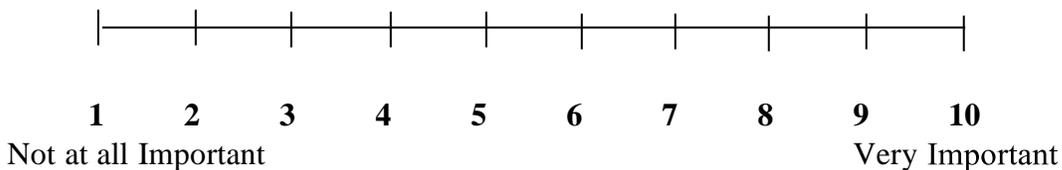
1. Come to group drug and alcohol free.



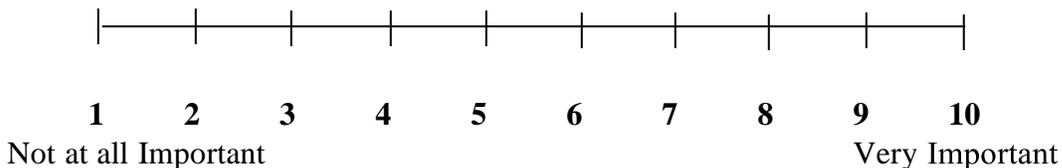
2. Be on time.



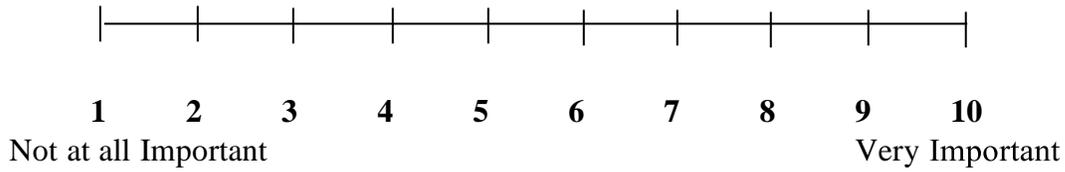
3. Treat other group participants with respect.



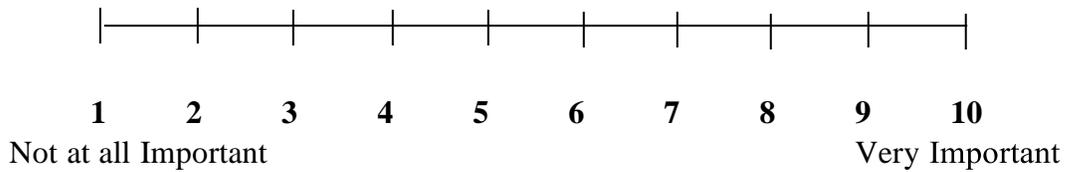
4. Participate in group activities.



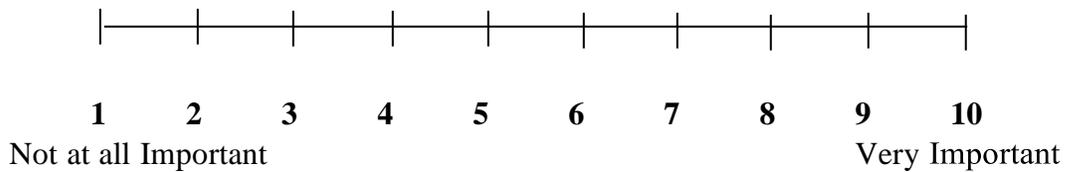
5. Complete practice activities outside of the group.



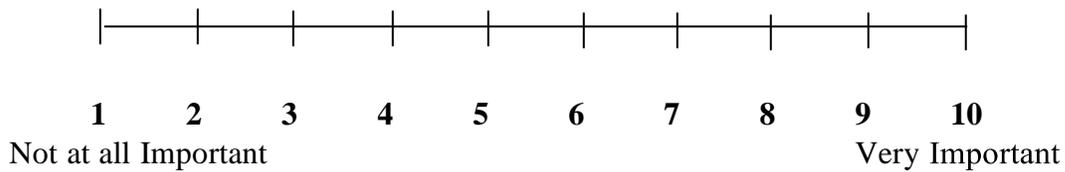
6. Keep an open mind.



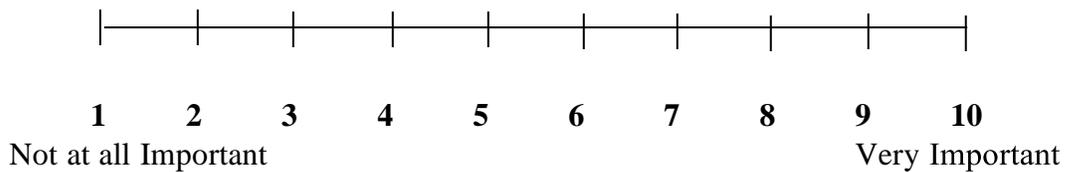
7. Maintain the confidentiality of fellow group participants.



8. Ask the facilitator for help or clarification when needed.

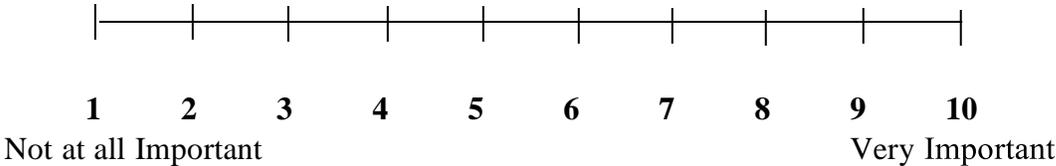


9. Have fun.



Follow any additional group expectations, including:

10. _____



11. _____

