

*PC-CARE*  
**Last Week's Strategies:**  
**What worked?**

Last session, we practiced the following strategies. Please rate how well these strategies worked since the last session on a scale of 1 (not at all well) to 5 (extremely well). Check the number that reflects how well each strategy worked.

**PRIDE Skills**

Not at all well 1	Slightly Well 2	Somewhat well 3	Very Well 4	Extremely well 5
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**Avoid Skills**

Not at all well 1	Slightly Well 2	Somewhat well 3	Very Well 4	Extremely well 5
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**Transitions**

Not at all well 1	Slightly Well 2	Somewhat well 3	Very Well 4	Extremely well 5
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**Compliance Friendly Environment**

Not at all well 1	Slightly Well 2	Somewhat well 3	Very Well 4	Extremely well 5
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## SESSION 2