

CDE: \_\_\_\_\_ Date/Time: \_\_\_\_\_ Group: \_\_\_\_\_ Loc: AACC/Park/YHC

Treatment Fidelity: **Group session #** \_\_\_\_\_

Peer Leader: \_\_\_\_\_

Date/Time: \_\_\_\_\_

On a scale of 1-5 with 1= strongly disagree and 5 = strong agree, rate peer leader's performance in evaluating behavioral experiments and helping participants make an I-SMART behavioral experiment.

### Evaluating participant's behavioral experiment

1. Gives participant time and space to describe their experience \_\_\_\_\_
2. Avoids "success" and "failure" descriptions \_\_\_\_\_
3. Uses questions and reflects to clearly identify barriers \_\_\_\_\_
4. Responds to "feeling words" used by the participant or asks participant to identify feelings \_\_\_\_\_
5. Expresses understanding verbally and non-verbally \_\_\_\_\_
6. Helps participant identify lessons learned from the experience \_\_\_\_\_
7. Engages group participants in problem-solving \_\_\_\_\_

### Goal-setting/I-SMART action plan

1. Helps participant Identify an **INSPIRING** goal \_\_\_\_\_
2. Helps participant select a **SPECIFIC** behavioral experiment \_\_\_\_\_
3. Helps participant make the behavioral experiment **MEASUREABLE** \_\_\_\_\_
4. Helps participant assess how **ACHIEVABLE** experiment is \_\_\_\_\_
5. Helps participant assess if experiment is **RELEVANT** to goal \_\_\_\_\_
6. Helps participant establish a specific **TIME FRAME** for experiment \_\_\_\_\_