

RAFT Individual Profile

1. Full Name: _____

2. Email: _____

3. Phone: _____

4. Unit: _____

5. What would you like to get out of coming to this group?

6. On a scale 1-5 (5 being the highest stress ever) how would you rank your stress now? _____

7. After a long, hard day how do you unwind?

8. Who supports you? (don't need to give names, just "friends", "family" or "BFF" for example)

9. What are some of your built-in, positive coping routines?

10. Tell me something interesting about you. _____

Dates Attended: _____



Santa Maria
COUNSELING