

# BT Clearing Course §2

*This is a reminder sheet for your solo session.*

*Don't write on this sheet or use a session worksheet.*

*Just think the questions silently to yourself before starting the session.*

do my hands feel dry? *[if so, use some hand cream]*

pick up the cans, one can in each hand

chair comfortable?

tight clothes/shoes?

objections to the room?

sensitivity?

metabolism test: ok?

adequate food?

hungry?

sleep? *[omit for the 2<sup>nd</sup> or later session on the same day]*

tired?

drugs / medicine / alcohol recently? *[omit for the 2<sup>nd</sup> or later session on the same day]*

reasons not to start?

## This Is The Session