

Jensen Stable Routines and Roles and Relationships Chart (RRRC)

Name: _____ Month: _____

Notes:

Rating scale based on level of stability of task. One desires to stay within 45 minutes of scheduled task. Also, social interaction is desired to be active, not passive or agitating or too activating (increasing anxiety or anger or excitement). If item is accomplished according to this goal, draw line down the box or the entire column if appropriate. If item not done according to this goal, put a dot in the box. Dots are a record of "missing the mark" of living moderately, in routine.

To rate mania and depression, use 1-10 scale: 10=worst severity, 7=moderately severely bad, 5=moderate problem, 3=mild severity, 1=very little problem, 0=no problem with this symptom.

To rate "Meals OK", goal is three meals that do not add to a weight problem, weighing too much or too little. No binge eating. No junk food. Meals were planned and portions controlled to be within calorie requirements for weight goal.

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