

Preparing for a Therapy Session

EXAMPLE

1. What did we talk about last session that was important? What do my therapy notes say?

- Relationship with Jen: She'll understand if I open up to her
- Problems with procrastination: When I'm tempted to procrastinate, remind myself the time before I start and the very beginning of the task are the hardest, and I'll feel better if I do it.

2. What has my mood been like, compared to other weeks?

A little less depressed but more anxious

3. What happened (positive and negative) this week that my therapist should know?

- Procrastinated working on paper
- My friend forgot about going to the movies with me
- Watched football with dad
- Got invited to dinner with friend from high school

4. What problems do I want help in solving? What is a short name for each of these problems?

Work assignment
Feeling lonely

5. Which Action Plan assignments did I do? (If I didn't do them, what got in the way?) What did I learn?

- TR [Thought Record] after friend forgot about movie
- Read therapy notes every morning
- Called Jim
- Went for a walk on 3 days

Doing these things did help me feel better. I should keep doing them.

