

## Therapy Planning Sheet

Your therapy belongs to you and you want it to count. So how about thinking carefully before you attend about what is important to you and which changes you wish to make? You can use this simple sheet to do some private brainstorming. If you are open to it, you may also enquire from family or friends about what they think. It's up to you.

Problems/issues I am aware of:

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Problems/issues other people tell me about:

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How I would like things to be (when the problems/issues are resolved):

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How much time do I need to make these changes?

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How much motivation do I need to make these changes?

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