

How Is Therapy Helping You?

Researchers tell us that checking in with your clients about their therapeutic progress can significantly improve therapy outcomes. The questionnaire on the following pages can be given to clients at periodic intervals. You can either give them this form to take home or use these questions as the basis of an interview.

What Has Helped You?

Now that you've been spending some time working on your problems it will be useful to take a look at what has really helped you. Use this worksheet to reflect on the changes that have made a difference in your life and how you can use what you have learned to continue your growth.

What is the one thing you are doing differently that seems to help you?

What is something you *stopped* doing that you can now see was unhelpful?

Has any specific technique helped you control your moods?

Has any specific technique helped you perform better at work or school?

As anything you've learned in therapy helped you in your close relationships?

Has anything helped you feel more comfortable with friends and acquaintances?

Have you made any changes in your lifestyle that have helped you feel better, such as a change in your exercise, eating, or sleeping habits?

What is one technique you have learned in therapy that you would recommend to someone with a similar problem?

Is there a new goal you have for yourself as a result of your progress?

Can you give an example of something you do now that makes you feel more optimistic about your life?

Is there any specific change that has helped you feel more in control and self-accepting?

Has anything changed in your overall quality of life?

Is there anything else you can tell me about your therapy progress?
