

CLIENT WORKSHEETS FOR EFFECTIVE THERAPY

Download these worksheets from www.speakingfromtriumph.com or from the blog post "Do Therapists Understand Therapy?" at blog.speakingfromtriumph.com. Print copies as you need them.

All of these guidelines are based on Paula Kramer's experiences during 5 years in therapy with two different therapists. Feel free to change the worksheets to suit your needs.

It is your right to decide if and when you will share these worksheets with your therapist or anyone else.

It is your right to decide which of these worksheets you will share with your therapist or anyone else.

It is your right to decide how much of each worksheet you will share with your therapist or anyone else.

It is your right to decide what your reasons are for sharing these worksheets with your therapist or anyone else.

Supportive Conditions For Effective Therapy

1. Time for following the clues of my life:

When do I have time?

How much time do I have?

2. Space in my relationships for changing:

Which relationships have space for change?

Which relationships do not have space for change?

3. Family support:

Can I go through therapy with the support of my family? _____

Can I go through therapy without the support of my family? _____

Do I need to go through therapy without my family's knowledge? _____

4. What can I do to create the supportive conditions I need?

People Who Nourish Me Emotionally

Individuals can be all three types of nourishment at different times.
List people as the type of nourishment they are most often.

Healthy snacks: _____

Main courses: _____

Desserts: _____

Emotional Nourishment I Create For Myself

Healthy snacks: _____

Main courses: _____

Desserts: _____

People Who Drain Me Emotionally

Individuals can be all three types of drains at different times.
List people as the type of drain they are most often.

Slow drips: _____

Open faucets: _____

Storm drains: _____

Emotional Drains I Create For Myself

Slow drips:

Open faucets:

Storm drains:

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My Plan For Reducing or Ending The Emotional Drains In My Life

Person draining me: _____

How they drain me: _____

How can I reduce the drain? _____

How can I end the drain? _____

Is this person draining me because I am not nourishing them? _____

How could I nourish them? _____

My Coping Skills

Situations in which I cope well:

Coping skills I use:

Situations in which I have some success coping:

Coping skills I use:

Situations in which I have no clue:

Coping skills I need:

My Plan For Improving My Coping Skills

Situation for which I need better coping skills: _____

People involved in the situation: _____

What skills do I need to learn? _____

How can I learn those skills? _____

What resources can I use to identify other skills I might need? _____

What resources can I use to learn other skills I need? _____

Do I know any role models for the coping skills I need? _____

What can I do to follow their example? _____

Understanding My Relationships:
DISC Behavior Style & Spranger Guiding Value Combination *

My behavior style and value combination: _____

Behavior style and value combination of: _____

How do our behavior styles blend?

How do our behavior styles clash?

How do our values blend?

How do our values clash?

What does _____ need from me?

What do I need from _____?

* See the PDF downloads at smilesparksuccess.com

The Context of My Life

The best part of my life (including emotional nourishments):

The so-so part of my life (including emotional nourishments and emotional drains):

The worst part of my life (including emotional drains):

My fit in society: Inside Partially in and partially out Outside

Explain: _____

Changing The Context Of My Life

Situation I want to change: _____

What can I do to change the situation? _____

What changes can I make only with the help of other people or groups? _____

Which people or groups could help me make those changes? _____

What must I learn to live with in this situation?

Stories From My Life

Client: _____ Date: _____

Approximate time period of story: _____

Where it took place: _____

Other people involved: _____

My age at the time of the story: _____

The story (Use an extra page if needed):

What the story means to me:

The Clues Of My Life *

Speaking from my experience, life clues have at least four characteristics:

1. They repeat over and over again for years.
2. They interrupt daily life in a variety of ways:
 - distracting you from my daily activities
 - disrupting sleep
 - creating problems in relationships
 - affecting decisions
 - limiting physical activity
 - taking time away from things you need to do
3. They appear in your life in different ways:
 - always present
 - unexpected
 - situational
4. The clues are physical, mental, and/or emotional experiences.

It would be surprising for you to be able to completely fill out even one copy of this worksheet at one sitting. You will most likely fill in separate parts of it over months or maybe years. It's much more important that you figure out the clues of your life as you can cope with them rather than all at once.

Today's date: _____ Type of life clue (such as dreams): _____

Its appearance in my life is: Always present Unexpected Situational

My life clue is (circle all that apply): Physical Mental Emotional

Description of the life clue: _____

What this life clue means to me: _____

* See examples on next page.

Examples of Clues from Paula Kramer's Life

My first memory (of my father bringing a baby bottle into a room where I was in a crib.)
Unexpected/Mental

Terror of my mother and her reactions to anything I said, did, felt, or wrote
Always present/Emotional

My last thought before nearly drowning ("What will Daddy think?" I couldn't directly ask myself, "Will Daddy think Mom killed me?")
Situational/Mental

Pains in my legs and feet (My mother held my legs down with one hand as she smothered me with her other hand.)
Situational/Physical

Dreams and violent nightmares
Unexpected/Physical, Mental, and Emotional

Suicidal depression
Always present/Mental and emotional

Fascination with books and movies about people who had killed family members (I was trying to figure out how to cope with consciously knowing that my mother tried to kill me.)
Situational/Mental

Fear of killing my own baby
Situational/Emotional

Screaming at my daughter (Keeping my memories of being murdered buried took most of my emotional energy.)
Situational/Emotional

Stomach pains that kept me awake at night (The first time my mother tried to kill me was early in the morning. The stomach pains were warnings that sleep left me defenseless.)
Situational/Physical

Eating food that gave me stomach pains at night (to keep me awake because I was still terrified of being killed while sleeping.)
Situational/Physical

Insomnia when I had to get up earlier than normal (because then I did not feel in control and not being in control made sleep dangerous.)
Situational/Physical

Tracking The Clues Of My Life

Type of life clue (dream, memory, etc.): _____

Physical

Mental

Emotional

Date: _____ Time of day I noticed the clue: _____

Circumstances at the time I noticed the clue:

Where I was: _____

People I was with: _____

What I was doing: _____

How I was feeling: _____

What I did right after I noticed the life clue: _____

What took place earlier that day? _____

What took place within the week before? _____

Anything else I noticed: _____

Any differences from other times this clue appeared: _____

Any similarities to other times this clue appeared: _____

My Daily Journal

Date: _____

Accomplishments: _____

Nourishments _____

Difficulties _____

Drains _____

My Therapy Journal

Date: _____

What Worked

Emotional nourishments (from me or from my therapist):

Meanings my therapist acknowledged:

Contexts of my life that my therapist acknowledged:

What Hurt

Emotional drains (from me or from my therapist):

Meanings my therapist ignored:

Contexts of my life that my therapist ignored:

The Central Myth Of My Life

The central myth of your life is a statement or story you repeat to yourself to protect yourself from the most painful situation in your life.

You behave as if the myth is true or has actually happened.
You may repeat the myth to other people.

Date I recognized the myth: _____

The central myth of my life is:

Did I have a physical reaction when I recognized the myth?

The Central Truth Of My Life

The central truth of your life is the situation that is so painful you need a central myth to protect yourself from it.

Date I recognized the truth: _____

The central truth of my life is:

Did I have a physical reaction when I recognized the truth?

Smaller Myths Supporting The Central Myth Of My Life

Because the central myth of your life is a myth, it will take hard work to continually make it look true. We keep the central myths of our lives alive by creating smaller myths to prop them up. Supporting myths will probably not create physical reactions when you recognize them. The supporting myths of my life included:

- If I could find just one way to be perfect, my mother would be nice to me.
- If I stayed near people my mother liked, she would be nice to me.
- If my mother saw that other people liked me, she would be nice to me.

Date I recognized the supporting myth: _____

Situation in which I recognized the supporting myth: _____

Whom I was with when I recognized the supporting myth: _____

The supporting myth is: _____

Date I recognized the supporting myth: _____

Situation in which I recognized the supporting myth: _____

Whom I was with when I recognized the supporting myth: _____

The supporting myth is: _____

Date I recognized the supporting myth: _____

Situation in which I recognized the supporting myth: _____

Whom I was with when I recognized the supporting myth: _____

The supporting myth is: _____
