# Therapy review

A check on how it is going, for both of us.

Name _____ Date _____

**What I came for, and my goals at the start**

**Overall, how are things compared with when I started?**

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Much worse — Much better

**What has changed, even slightly**

**What has been most helpful so far**

**What has been less helpful, or what I would like to be different**

**How comfortable do I feel saying what I really think in sessions?**

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Not at all — Completely

**Anything I have been holding back**

**What I want to focus on next**

**Any changes to how often we meet, or how we work**

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# Keeping well plan

A summary of what you have learned, and a plan for staying on track.

Name _____ Date _____

**What brought me to therapy, and how things are now**

**The most useful things I have learned**

**The tools and strategies that helped most**

**What I want to keep doing every week to stay well**

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## Looking out for setbacks

Setbacks are normal and do not mean you are back at the start. Spotting one early makes it much easier to turn around.

**Times and situations that could be risky for me**

| Thoughts | Feelings | Body | Behaviour |
|---|---|---|---|
| What might I start thinking? | What might I feel? | What might I notice physically? | What might I start or stop doing? |

**If I notice these signs, I will...**

**People who can support me, and how to reach them**

## Looking ahead

| Time | What I am working towards |
|---|---|
| **In 3 months** | |
| **In 6 months** | |
| **In a year** | |

**A message to myself for a hard day**

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# Coping cards

Short reminders to read in situations you find hard, written in advance.

When feelings run high it is hard to think straight, so a coping card is written in advance. Use one card for each situation you find hard. Keep the words short, believable and in your own voice.

> **An example**
> **When I notice** my chest tighten before a meeting, **I will remind myself** that this is adrenaline and it settles once I start. **Then I will** breathe out slowly and walk in.

*Cut along the dashed lines. Keep the cards where you will see them, or take a photo of each one.*

**When I notice...**
My warning sign or trigger

**I will remind myself...**
A fair, balanced thought

**Then I will...**
One or two helpful actions, or someone to contact

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*Coping cards are a cognitive therapy tool described by Judith Beck.*

*In an emergency call 112 or 999. Samaritans: freephone 116 123.*

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# Early warning signs and action plan

A traffic-light plan for staying well and acting early.

Name _____ Date _____

| | |
|---|---|
| **Green: I am well** | How I feel, think and behave when things are going well. What I do each day and week to stay here. |
| **Amber: warning signs** | The first changes I notice, or others notice in me. Sleep, mood, thinking, habits, withdrawal. |
| **Red: I need help** | Signs that I am in real difficulty. |

### Amber actions

What I will do myself. Who I will tell.

### Red actions

Who I will contact, and what I will ask for

### Things that tend to tip me from green to amber

### People who have agreed to tell me if they see warning signs

### What has helped me turn things around before

*In an emergency call 112 or 999. Samaritans: freephone 116 123. Text HELLO to 50808.*

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# Ending therapy

Review what has changed, plan for what is ahead and finish properly.

Name _____ Date _____

Endings matter. Taking time over this one helps you keep what you have gained.

**Where I was when I started**

**Where I am now**

**What I have learned about myself**

**What I do differently**

**What I am most proud of**

**What is still unfinished, and how I will keep working on it**

**How I feel about finishing**

**What I will do if things get difficult again, and when I would come back**

**What I want to remember**

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