Out-and-about session plan

Planning a therapy session in the real world.

Name _____ Date _____

Before we go

What I want to get from this session

Where we will go and what we will do, in order

What I predict will happen

What I would like my therapist to do

Where to be, and when to step back

What I will try not to do

Safety behaviours I am going to drop

How we will stop or pause if I need to

Afterwards

What actually happened

Highest anxiety

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

None Extreme

Anxiety at the end

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

None Extreme

What I learned, and what I will practise by myself before next time

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This handout supports your therapy. It does not replace professional advice.