



Adjustment Disorder Therapy Worksheet

Signs and symptoms of adjustment disorder vary from person to person. Adjustment disorders affect an individual perception of your own self and the world around you. It affects your behavior, symptoms of Adjustment disorder are as follows.

- Feeling of hopelessness
- Trouble sleeping
- Difficulty in concentration.
- Feeling overwhelmed
- Difficulty functioning with daily life activities
- Avoiding important things.
- The feeling of being left out or cast out
- Avoiding social situations

Treatment

Individuals suffering from adjustment disorders require therapy that helps them to understand their symptoms and coping strategies.

Psychotherapy

Psychotherapy is considered the most beneficial therapy for the treatment of adjustment disorder. It not only provides the mental and emotional support an individual requires to adapt to the new changes but also helps the individual to move on in the future in an effective manner. It helps the individual to understand why a certain event affected him that much. It also allows an individual to evaluate his own thoughts and perceptions of how he is seeing his situation. Psychotherapy also provides the coping skill to cope with stressful situations.

References

[Carta, M. G., Balestrieri, M., Murru, A., & Hardoy, M. C. \(2009\). Adjustment Disorder: epidemiology, diagnosis and treatment. *Clinical Practice and Epidemiology in Mental Health*, 5\(1\), 1-15.](#)

[Patra, B. N., & Sarkar, S. \(2013\). Adjustment disorder: current diagnostic status. *Indian journal of psychological medicine*, 35\(1\), 4–9. <https://doi.org/10.4103/0253-7176.112193>](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.