

## CLINICAL THERAPY WORKSHEET

What stressors are you facing currently in your life.

Do you think you need any clinical therapy?

Yes

No

I don't know

What would you like to work on in your clinical therapy?

*Thoughts*

*Feelings*

*Behaviours*

*Improve skills*

*Reduce stress*

*Gain focus*

Would you like the therapy to be in what form

*Group*

*Individual*

*With family*

*Without family*

What will be your expectations at the end of the therapy?

Do you have any prior experience with a therapist, if yes, how was it?