

FILL IN THE BLANK THERAPY WORKSHEETS

1. I struggle with _____
2. Things I don't like: _____
3. Things I love about me: _____
4. My Family is: _____
5. Things that make me sad: _____
6. Things I want to change about my family: _____
7. My Strengths are : _____
8. My Weaknesses are: _____
9. I want to: _____
10. I fear: _____
11. I want from my life: _____
12. I want to change: _____
13. I don't want to become: _____
14. I wish to be: _____
15. My Father is: _____
16. Right now I feel: _____
17. My biggest worry is : _____