

# INDIVIDUAL THERAPY WORKSHEETS

What kind of issues you are facing:

Relationship problems

Job issues

Extreme emotions, like sadness, huilt etc

Problems at work

Stressful life

Traumatic experience

Concerns for family, friends

Substance use problems

Social issues

Health and body concerns

Individual therapy options you have

Cognitive  
behavioural  
therapy

Rational  
emotive  
behavioural  
therapy

Mindfulness  
therapy

Acceptance  
and  
commitment  
therapy

## ***How will individual therapy help you:***

- 1. Gaining a better understanding of yourself*
- 2. Learning how to handle emotions*
- 3. Identifying underlying causes of symptoms*
- 4. Providing coping strategies*
- 5. Managing symptoms*
- 6. Facilitating lifestyle changes*