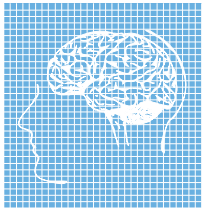


Therapy Blueprint

How did the problem develop?

What things led to the problem?

Why was it a problem at this time in your life?



What kept the problem going?

What thoughts or beliefs kept it going?

What actions, responses or behaviours prolonged it?

What safety behaviors were you using?

What are the most important things you learned in therapy?

What have you learned about the way you see your self? The world? Other people? The future?

What coping strategies have you developed that you wouldn't want to forget about?

What are your goals for the future?

For the next: month, 6 months, year