

Self-Coaching Session Form

Can be used following end of therapy, or during other periods of self-directed therapy. Consider scheduling regular self-coaching sessions, perhaps weekly initially, then gradually decrease over time & as appropriate.

Name	Date
Mood check: <i>What am I feeling? Rate your mood (0 – 10 or %)</i>	
Important changes in emotions, thoughts or behaviours	
Homework check: <i>How did I get on with last session's homework? What would have made it easier? How can I do it differently next time?</i>	
What skills have I been practising well?	
Where am I still having difficulties and what can I change or do differently? <i>Is there anything I need to stop or do less of? Anything I can start doing or do more of?</i>	
What are my therapy goals? What can I realistically achieve by next session?	
What can I do that will help me meet these goals? <i>Think differently? Do differently? Other?</i>	
Date for next session:	

Based on Wilhelm & Steketee 2006 (p.230)