Worksheet
UK English

Therapy Blueprint

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Therapy Blueprint

Description

The *Therapy Blueprint* is an end of therapy relapse-prevention worksheet. It is useful as a prompt for reflection upon therapeutic work. It can help to reinforce therapy gains by making any learning points from therapy consciously retrievable.

Instructions

The items on the *Therapy Blueprint* worksheet can be used as a starting point for a discussion with a client regarding learning points from therapy.

References

Fennell, M. (1999). *Overcoming low self-esteem: A self-help guide using cognitive behavioral techniques*. London: Robinson.

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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.

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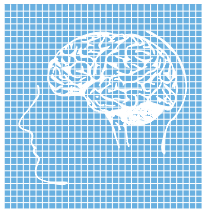

How did the problem develop?

What things led to the problem?
Why was it a problem at this time in your life?

It was lots of things. The stress of having a young baby and the responsibility of looking after her. Being home alone meant I didn't have as much adult company. And I've always been anxious – I used to deal with it by exercising but I wasn't doing as much of that either.

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?

I believed that I was bad for having the thoughts, and that I was a danger to my baby. When it got really bad I would insist that my partner do things like give the baby a bath, and I would put her in another room while I prepared food in case I did something bad in the kitchen.

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?

That I'm not dangerous!
That it's really normal to have intrusive thoughts – everybody has them but most people don't worry that they say anything bad about themselves. The survey we did of other mums really helped. I need to be brave and move towards any anxiety – hiding from it doesn't help.

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

Writing my thoughts down – it really helps to see them in black and white.
Moving towards anxiety is really important – when I started to shy away from it I gave it control of my life – it was like it was 'driving the bus' and it didn't feel good to be a passenger.

What are your goals for the future?

For the next: month, 6 months, year

To keep on what I'm doing now – to regularly do all the things that I previously thought were dangerous. In a month I'm going to take the baby and go and visit a friend without my partner there to support me. There's not much else left on my 'avoidance list' that I need to confront but I need to keep doing it regularly to remind myself.

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