

Guided Self-Help – Session Planner

Date of session:

What did I learn today?

(Write something here as soon as you can after the session)

What will I try to change or do before the next session?

Any successes or difficulties trying to make changes?

Generally, has my mood changed since the last session?

If so... how has it changed, and how much?

What do you want to talk about or ask in the next session?

(Write something here just before you come to the next session)

