

Guided Self-Help - Session Planner

Talk to your guide about filling in this form and how it might help you.

Date of session:

What did I learn today?

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

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

What was easy or difficult about the changes?

Has my mood changed since the last session? How?

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

FOR MORE LEAFLETS IN THIS SERIES GO TO www.primarycare-selfhelp.co.uk