

# THINKING ABOUT HOW THINGS ARE – AND WHAT YOU WOULD LIKE TO CHANGE



Setting out on a course of therapy is a new challenge and hopefully one that will allow you to reap the benefits for change in the future. One thing that is very helpful before starting your therapy, is to think about exactly what changes you would like to make. It is most helpful to pick a couple of things that are causing you difficulty and deciding what changes you would like to make with these rather than trying to manage a whole list of things as this may become overwhelming. If you find it difficult to do this, maybe you could imagine what your best friend might say your difficulties are.

Some of the difficulties that people come to therapy for include: poor motivation, feeling anxious in certain situations, having a lack of interest and motivation, sleeping badly, etc.

The questions below might help you to think about your difficulties to understand them better. Writing these things down is helpful in clarifying your own mind about the goals that you want to achieve in therapy.

**How does your difficulty affect your usual routine?**

**Does the problem only occur at a certain time or place?**



**Does the problem only occur when you are with a certain person or group of people?**

**Is the problem preventing you from doing anything in particular?**

Now that you have some idea of the focus for your therapy, it is helpful to try and rate how much it affects you.

Please rate your problems as follows:

0 = doesn't affect me at all

2 = affects me a little bit

4 = it affects me more than just a little bit

6 = it affects me a lot

8 = it affects me all the time

**Mark the number that reflects the impact of your problem on your life:**

Problem	What is it?	Score it out of				
		0	2	4	6	8
Problem No. 1.						
Problem No. 2.						
Problem No. 3.						
Problem No. 4.						