

# Therapy Blueprint



A therapy blueprint is a space for you to reflect on how your difficulties developed, what kept them going, and what you learned during therapy. It can help you to plan how you are going to maintain the gains that you have made, review what warning signs you might need to remain aware of and remember what you might find helpful should it feel like your difficulties are ever beginning to return.

## What kept the problems going?

Why did the problems not get better on their own?

Consider: avoidance, safety-seeking behaviours, unhelpful beliefs.

## Knowledge and skills...

How has therapy helped you to deal with your problem(s)?

What have you learned that has been helpful? What strategies or techniques did you learn? (e.g., challenging my thinking, facing my fears, testing my beliefs)

Describe any behavioural experiments that you conducted: What beliefs did you test? What did you discover?

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<b>How I think differently now...</b>		
Consider some typical situations which used to trigger strong feelings. Compare your thinking patterns before therapy and now: How did you interpret these situations then? What do these events mean to you now?		
<b>Situation</b>	<b>My thoughts then?</b>	<b>How I think now?</b>
What situations used to trigger a strong response in you?	Before therapy what thoughts did you have in response to that situation.	How do you interpretate/think differently now?

<b>How I do things differently now...</b>		
Consider some typical situations which used to trigger you and compare your reactions / responses before therapy and now.		
<b>Situation</b>	<b>Previous reaction?</b>	<b>How I react now?</b>
What situations used to trigger a reaction in you?	Before therapy how did you react in response to that situation?	How do you react differently now?



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## **How far I have come and my goals for the future...**

What have you achieved so far?

How are you going to build on your achievements?

## **Setbacks and Obstacles**

What could cause a setback and how would you deal with it?

What obstacles do you anticipate might be challenging?

What would you do if your difficulties came back in a way that meant you were struggling?



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## Message to my future self.

If you could send a message to your future self (something you would not want to forget) what would it be?