# Self-Coaching Session Form

*Can be used following end of therapy, or during other periods of self-directed therapy. Consider scheduling regular self-coaching sessions, perhaps weekly initially, then gradually decrease over time & as appropriate.*

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
</tr>
</thead>
</table>

## Mood check:
*What am I feeling? Rate your mood (0 – 10 or %)*

## Important changes in emotions, thoughts or behaviours

## Homework check:
*How did I get on with last session’s homework? What would have made it easier? How can I do it differently next time?*

## What skills have I been practising well?

## Where am I still having difficulties and what can I change or do differently? *Is there anything I need to stop or do less of? Anything I can start doing or do more of?*

## What are my therapy goals? What can I realistically achieve by next session?

## What can I do that will help me meet these goals? *Think differently? Do differently? Other?*

## Date for next session:

*Based on Wilhelm & Steketee 2006 (p.230)*

www.getselfhelp.co.uk

www.get.gg