

What has helped you?

Personal change can be a long and sometimes unexpected process. You can find solutions to your problems and conflicts from sudden insight or by following a carefully crafted plan. You can find help from working with your therapist, and also from books, friends, things you see on the Internet and social media, and much more.

Whatever your process in discovering solutions to your problems and conflicts, writing down what you have learned will be an important part of making lasting changes.

This worksheet is designed to help you think about what has helped you along your journey to overcome your problems. Take some time, at least once a month, to fill in the worksheet. You will likely find added benefit from sharing it with your therapist or a close friend. Of course, you can also use this worksheet more frequently. Using it more frequently may be helpful in times of stress and during difficult life transitions

Today's Date: _____

Specific skills I learned in therapy:

Specific insights I have gotten from therapy:

Books that have helped me (be specific about what has helped):

Things that have inspired and motivated me (e.g. quotes, people, events, activities, etc.):

Decisions I made that could help me with future choices:

Spiritual practices or spiritual moments that have guided or inspired me:

Changes in my habits that have made a difference:

Other things that have helped me:

After reflecting on what has helped you, what is the one thing that you think made the most important positive impact?
