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.

The problems

What problem(s) brought you to treatment?
How did they develop?

What kept them going?

Why did the problems not get better on their own?
Consider: avoidance, safety-seeking behaviors, 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 behavioral experiments that you conducted: What beliefs did you test? What did you discover?

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Therapy Blueprint

How I think differently now

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?

Situation What situations used to trigger a strong response in you?	**How I thought *then*** Before therapy, what kind of thoughts did you have in response to situations like this?	**How I think *now*** How do you interpret this kind of event now?

How I do things differently now

Consider some typical situations which used to trigger you and compare your reactions / responses before therapy and now.

Situation What situations used to trigger a strong response in you?	**How I responded *then*** Before therapy, how did you react when situations like this occurred?	**How I respond *now*** What do you do if this kind of event happens now?

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How far I have come & 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?

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?

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The problems

What problem(s) brought you to treatment?
How did they develop?

Anxiety – I had lots of thoughts that I was a failure, that I wasn't functioning, and that I wouldn't be able to function.

Growing up, my parents had high academic expectations of me.

What kept them going?

Why did the problems not get better on their own?
Consider: avoidance, safety-seeking behaviors, unhelpful beliefs.

My coping response was to 'shut down', withdraw, and avoid everything.

I was being very hard on myself.

I have *really* high standards for myself.

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 behavioral experiments that you conducted: What beliefs did you test? What did you discover?

When I'm down it really helps me to do some activities from my pre-prepared list of B.A. activities.

I have a new rule: Try to achieve something when you're struggling, even if it's only small.

Doing a behavioral experiment where I had to 'be authentic' with friends and family and show vulnerability.

Learning to treat myself with compassion and accept it from others.

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