

SELF - ARE 360!

About this Form:

This is an example of a form I have had success in using with my clients. We customize the form for those areas we are working on together and delete those we are not working on together. We start each session with a quick review of the information completed during the previous week. I firmly believe that self-care is one of the most critically important points of focus in therapy and healing and this type of form gives us a chance to focus on self-care along with other issues or concerns. Feel free to modify it with your clients. Other therapists who have used this form have had similarly positive results.

If you are an individual client involved in therapy endeavors and you have found this form on my website, please work directly with your therapist to modify the form to suit your needs and purposes. My clients have found it be an easy way to start/open a session and also noticed significant improvements in their own self-care just by using it.

Form Completion Period From: ___/___/___ to ___/___/___

Sleep	Goal: Hours/night: ____ <input type="radio"/> Met <input type="radio"/> Not Met	Description of Challenge(s):
Food & Nutrition	Goal: Meals/day: ____ <input type="radio"/> Met <input type="radio"/> Not Met	Description of Challenge(s):
Water	Goal: Ounces/day: ____ <input type="radio"/> Met <input type="radio"/> Not Met	Description of Challenge(s):
Exercise	Goal: Time/day: ____ Days/wk: ____ <input type="radio"/> Met <input type="radio"/> Not Met	Description of Challenge(s):
Energy Level	<input type="radio"/> Very Low <input type="radio"/> Low <input type="radio"/> Moderate <input type="radio"/> Normal	Description of Challenge(s):



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Medications	<input type="radio"/> High <input type="radio"/> On Track <input type="radio"/> Off Track	Description of Challenge(s):
Invasive Issues	<input type="radio"/> None <input type="radio"/> Some <input type="radio"/> Intense	Description of Challenge(s):
Therapy Afterburn *	<input type="radio"/> None <input type="radio"/> Moderate <input type="radio"/> Intense	Description of Challenge(s):
Fun/Relaxation	Goal: _____ <input type="radio"/> Met <input type="radio"/> Not Met	Description of Challenge(s):
Work Balance	Goal: _____ hours/_____ <input type="radio"/> Met <input type="radio"/> Not Met	Description of Challenge(s):
Stress/Anxiety Management	Goal: _____ <input type="radio"/> Met <input type="radio"/> Not Met	Description of Challenge(s):
Primary Relationships	Goal: _____ <input type="radio"/> Met <input type="radio"/> Not Met	Description of Challenge(s):
Social Engagement	Goal: _____ <input type="radio"/> Met <input type="radio"/> Not Met	Description of Challenge(s):
Self-Appreciation	Goal: _____ <input type="radio"/> Met <input type="radio"/> Not Met	Description of Challenge(s):

**Note: "Therapy Afterburn" is a client's term for the 24-72 hours following a therapy session where reactions to the session can and often do increase in intensity.*



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Assignments or Homework	List:	Description of Challenge(s):
	<hr/> <input type="radio"/> Met <input type="radio"/> Not Met	
	<hr/> <input type="radio"/> Met <input type="radio"/> Not Met	
	<hr/> <input type="radio"/> Met <input type="radio"/> Not Met	
	<hr/> <input type="radio"/> Met <input type="radio"/> Not Met	
<p>Additional Comments or Questions for My Therapist:</p>		



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