

Dr Richard Hanzy's

Therapy Check in Sheet

A Therapy Check-In Sheet is a tool used to assess and monitor a client's emotional and mental state between therapy sessions. Therapy check-in sheets are simple yet effective tools that enhance the therapeutic process by making clients more engaged, reflective, and proactive in their mental health journey.

Factors that Contribute to Stress

Describe your biggest stressors in each of the following categories and rate them on a scale of 1-10, where 1 is "a little stressful" and 10 is "extremely stressful."

Daily Stressors

Common annoyances or strains of daily life.

Examples: traffic, chores, work problems, lack of sleep, homework, limited free time, argument with partner

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Suicidal Ideation (SI) Check-In

If you're experiencing thoughts of self-harm or suicide, it's important to acknowledge your feelings and consider reaching out for support. This check-in is designed to help you assess your current state of mind and encourage proactive steps toward well-being.

	rating
1. Are you having thoughts of hurting yourself? If yes how intense?	
2. Do you feel like the world would be better off without you?	
3. Frequency: How often do you have thoughts of harming yourself or ending your life?	
4. Intensity: When these thoughts occur, how strong or overwhelming do they feel?	

5. Duration: When was the last time you had thoughts of suicide? How long do these thoughts usually last?

6. Plan: Have you thought about how you would harm yourself? If so, do you have a specific plan?

7. Means: Do you have access to the means needed to carry out this plan?

8. Intent: How likely do you think you are to act on these thoughts?

9. Do you have a safety Plan? Are you willing to develop and follow a safety plan

10. Reasons for Living:

11. Support System: Do you have people you trust who you can talk to about these feelings?

12. Future Perspective: Can you envision a time when you might feel better, or are you feeling hopeless about the future?

13. Interest in Help: Would you be open to talking to someone, like a counselor, therapist, or trusted individual, about what you're experiencing?

14. Current Coping Mechanisms: Are there any strategies or practices that have helped you cope with these thoughts in the past?

Major Life Changes

Important events, both positive and negative, that require significant adjustment.

Examples: becoming a caregiver, birth of a child, separation or divorce, new job, death of a loved one, moving, major illness / injury

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Life Circumstances

Permanent or long-term circumstances that make life more difficult.

Examples: poverty or financial problems, disability, chronic illness, conflictual relationships, values that conflict with culture, discrimination, job dissatisfaction, living somewhere unsafe

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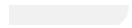
Trauma Triggers

Common Traumas or Acute Stressors of daily life.

Examples: Childhood trauma, Domestic Violence, Medical Trauma, Natural Disasters, School Violence & Community Violence, Racial Trauma, Physical or Sexual Assault, Traumatic Accident or near-death experience, Traumatic Loss, War Related Trauma, work Related Trauma

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Weekly Therapy Check In



Mental Health Impact on Daily Functioning

Important events, both positive and negative, that create significant mood.

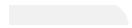
Examples: Ability to work, motivation, low energy, or improved mood, energy, motivation to do things

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Addiction Triggers this Past week

Addiction you struggle with and triggering people, places, things, and situations that trigger relapse

Examples: Alcohol, Cannabis, food, gambling, Hallucinogens, Inhalants, opioids, shopping, amphetamines/meth Cocaine/Crack, prescription drugs, Porn/Sexual addiction, social media, Tobacco, video games



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Intrusive Thoughts You struggle with

An Intrusive thoughts, urges, and images thought is an unwelcome, involuntary thought, image, or unpleasant idea that may become an obsession, is upsetting or distressing, and can feel difficult to manage or eliminate.

Examples: Aggressive thoughts or Self-doubting thoughts, Relationship intrusive thoughts, Religious intrusive thoughts, Sexual intrusive thoughts, Violent intrusive thoughts,

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Weekly Therapy Check In

Pathogenic beliefs

Pathogenic beliefs are the incapacitating and dysfunctional concepts of oneself and others that interfere with healthy interpersonal functioning.

Examples: Depletion Guilt, separation guilt, Survivor guilt, I am unlovable, not good enough, impostor syndrome, Adaptive guilt – greater list at <http://cmtcenter.net/pathogenic-beliefs/>

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Areas of Concerns

Past Behaviors I struggle with Changing

Examples: repeating the past patterns with dating, finances, friends, parenting, work, with family

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Factors that Protect Against Stress

Describe the things in your life that counteract stress.

Daily Uplifts

Positive experiences that make you happy.

Examples: eating a good meal, spending time with friends, leisure activities, spending time in nature

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Weekly Therapy Check In

Healthy Coping Strategies

Positive actions that help to reduce or manage stress and other uncomfortable emotions.

Examples: exercise, talking about problems, self-care, journaling, relaxation technique, social supports

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Protective Factors

Individual characteristics or life circumstances that protect you from stress.

Examples: financial stability, good physical health, supportive family, motivation to succeed, education

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Weekly Therapy Check In

WORK BOOK HOME

Therapy workbook homework serves as a vital extension of the therapeutic process, enabling clients to apply and reinforce skills learned during sessions in their daily lives. The primary purposes include.

1. **Skill Reinforcement:** Engaging with workbook exercises helps clients practice and solidify therapeutic techniques, enhancing their ability to manage challenges independently.
2. **Self-Reflection:** These assignments encourage introspection, allowing clients to explore their thoughts, emotions, and behaviors more deeply, leading to greater self-awareness.
3. **Progress Tracking:** Regular completion of homework provides tangible evidence of progress, helping both clients and therapists assess the effectiveness of interventions and adjust treatment plans accordingly.
4. **Empowerment:** By actively participating in their therapeutic journey, clients gain a sense of control and responsibility over their mental health, fostering empowerment and motivation.

Incorporating workbook homework into therapy enhances the overall effectiveness of treatment by bridging the gap between sessions and real-life application. Please write down your workbook insights below:

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Issues You want to discuss or follow up with

Describe the things in your life that you want to further address

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