

Maintaining Progress

Problem

What problem did I have? How did it develop?



Example: Phobia of germs. Developed by an experience I had when I was younger.

Unhelpful Thoughts

What were my unhelpful thoughts, assumptions and beliefs?



Example: I will never be good at football.

Helpful Thoughts

What are my alternative, helpful thoughts and beliefs?



Example: The more I practice swimming, the better I will be.

Unhelpful Behaviour

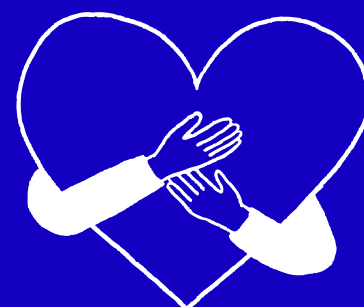
What were my unhelpful behaviours?



Example: Watching videos in my bed all day.

Helpful Behaviour

What are my helpful behaviours?



Example: Journaling my feelings in my notebook.

Coping Strategies

What coping strategies work best for me?



Example: Box breathing and categories game.

Safe Space

What is my safe space? Can I use my 5 senses to describe it?



Example: My bedroom. Smells like roses. Feels cosy. See my teddies. Hear my cat purring. Taste my coffee.

Positive Reminders

What positive affirmations can I use?



Example: I am strong. I am capable. I am safe.

Support System

Who can support me?



Example: My family and teachers at school.

Future Goals

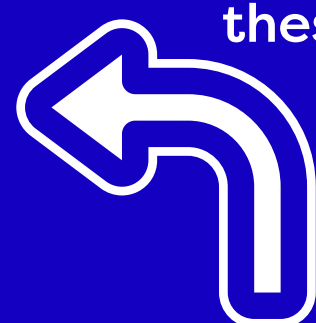
What are my future goals? What will help me achieve this?



Example: Working on my anxiety. Talking to an adult and doing coping strategies.

Set-backs

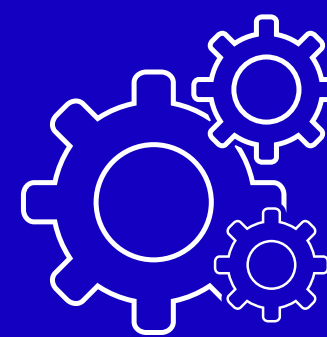
What could possibly hold me back from reaching my goals? How can I tackle these barriers?



Example: Too much screen time. Tackle it by making a routine.

Useful tools

What useful techniques can I use in the future?



Example: Distraction techniques when angry.

Write your answers in the next page

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