

Even if you attend with a completely negative response, your therapist will still be able to help you get to where you want to be!

Your 'scores' and comments will help your therapist to tailor the therapy to be a complete match for the structure of your thought processes, so complete honesty is needed if you are serious about finding the life you want – if you are less than honest, your therapy will be compromised.

It is important to the success of your therapy that you complete this worksheet on a daily basis – failure to do so might limit the degree of success you achieve as a result. We are going to make a fundamental change to the way you view yourself (your core identity) and so it is necessary to remind your brain regularly about the 'new you' to get the best result we can.

Client Work Sheet One

BWRT®



Be completely honest with your answers to the two questions on this page.

Your current core identity:

Write down a one-line statement of how you see yourself in your mind's eye. If the description is different from that which you gave your therapist, that's absolutely fine. As time goes by before your next session, this description might change but do not erase or blank the previous one(s). Be sure to write the first one the day after your session. If nothing changes, write 'same as yesterday.'

Day	Description
1	Depressed and unmotivated
2	Game as yesterday
3	Game as yesterday
4	"
5	"
6	More motivated about changing
7	

Your Ideal Self

Now write one line about how you really would like to be, making sure that it's totally possible, plausible, and designed to please *you* and not for anybody else. If it changes, that's okay, but don't blank or erase previous statements. Don't hold back because it seems unlikely - write exactly what you want as long as it's **possible, plausible, and designed** to please **you** rather than somebody else. If nothing changes, write 'same as yesterday.'

Day	Description
1	Motivated to study for my exams.
2	To stop was looking in the mirror
3	Game as yesterday
4	"
5	"
6	stop being so insecure
7	

This page is designed to show the therapist how your general personality functions so that the therapy can be designed to be a perfect fit for you. Just tick the box that is most relevant to the way you feel in each of the following - please complete each day **honestly** (i.e. no exaggeration in either direction) between therapy sessions:

My general mood each day when I think about therapy (1 very poor, 5 very good):

	1	2	3	4	5		1	2	3	4	5
Day 1				✓							
Day 2				✓							
Day 3				✓							
Day 4				✓							
Day 5				✓							
Day 6				✓							
Day 7											

And when I think strongly of my Ideal Self, I feel:

	1	2	3	4	5		1	2	3	4	5
Day 1				✓							
Day 2				✓							
Day 3				✓							
Day 4				✓							
Day 5				✓							
Day 6				✓							
Day 7											

Any comment(s) you might have:

✓ Mild.