

T. 9/11/2017

Therapist's work sheet

Client ID:



This work sheet is for recording client responses to the Unlock Questionnaire and will be needed on 2nd and subsequent sessions of therapy.

Q1 - Current Image: I AM OK WITH MY PHYSICAL APPEARANCE, I AM STILL ATTRACTIVE, BUT I FEEL EMPTY, ASHAMED, NUMB, OUT OF CONTROL, ON AUTOPILOT. WHAT I DO IS ALSO A BIT OF A RELEASE, AN ESCAPE FROM THE ROUTINE RESPONSIBILITIES, BUT AFTERWARDS IT IS: DID I REALLY DO THIS? WHY DID I DO IT - FEELS I'M DISSOCIATED ALCOHOL MAKES IT POSSIBLE - I CAN'T FACE THE WORLD - I NEVER WANT ANYONE TO SEE THIS DARK SIDE OF ME... IT IS ALSO A FREE PART OF ME, BUT DAMAGING TO OTHERS AND MYSELF - I DON'T SEE IT IN THE MOMENT - SELF SABOTAGE. IT HAS HAPPENED WHEN I HAVE BIG RESPONSIBILITIES AT WORK - *

Q2 - Worst part:

NOT CARING FOR THE PEOPLE I DO THIS WITH - IT IS JUST SELF GRATIFICATION - WHEN I HAD SEX WITH SOMEONE ARBITRARILY THERE IS NO INTIMACY - IT IS VERY SELFISH - I CAUSE PAIN TO OTHERS AND MYSELF - THEN I TRY TO JUSTIFY IT TO MYSELF -

Q4 - PAL 1: Initial: 9

Eventual: 10

THE FROZEN IMAGE FEELS LIKE A SHELL, NOT SOLID, IT COULD CRUMBLE... IT'S LIKE THE ASH FIGURES OF POPPEI, IT IS RECEEDING, FADING AWAY

Q10 - Stated determination level: Initial: 10

Eventual: 10

Q13 - The perfect self: LESS SELF ABSORBED, FEEL SECURE, MORE STABLE, NOT FEELING THAT SMALL THINGS ARE THE END OF THE WORLD, MORE ATTENTIVE TO OTHERS AND THEIR FEELINGS - NOT SO FEARFUL OF TOMORROW, MORE PRESENT IN THE MOMENT, FEELING THAT THINGS WILL BE OK - I WANT TO BE MORE POSITIVE AND DO MORE HEALTHY THINGS - I WOULD LIKE TO DO SOMETHING I AM PASSIONATE ABOUT, BE WHOLE - THERE ARE PARTS OF ME NOT FULLY FORMED, MY REACTIONS ARE INFANTILE - I WANT TO BE EMOTIONALLY MATURE -

Q14 - PAL 2: Initial: 9.5

Eventual: 10

Q18 - Best thing about being free: KNOWING HOW TO RESPOND TO WHAT EVER COMES UP WITHOUT GOING INTO THESE INFANTILE REACTIONS, BEHAVIOUR - THE CALM I WOULD FEEL NOT HAVING THE ANXIETY -

EXTRA NOTES:

* I HAVE MET MEN IN THIS WAY AND SLEPT WITH THEM THAT NIGHT - THEN I GET UPSET BECAUSE THEY ONLY WANT TO MEET ME FOR SEX - I NEED TO FEEL POWERFUL IN THAT WAY - MY FATHER WAS VERY FORCEFUL & DOMINEERING - MY CHAIRMAN IS A BULLY - HE EXHAUSTS ME AND MAKES ME FEEL POWERLESS -

Q-3 PEOPLE WHO HAVE SEEN ME MUST THINK I AM A DRUNK AND PROMISCUOUS - I WANT TO BE THE CENTRE OF THE ATTENTION - Q6 - YES - Q7 - FROM HOW THEY ENGAGE - IF THEY DON'T CONSTANTLY SEEK VALIDATION THEY MUST BE HAPPY - SO I AM REALLY NOT HAPPY WITH MYSELF - Q8 - YES - 8.1 - I FEEL SORRY FOR THEM - Q9 - ONLY 2 OF MY FRIENDS HAVE SEEN ME AND KNOW ME LIKE THAT - Q9.1 THEY HAVE TOLD ME, EVEN IF IN A LOVING WAY - I FEEL A BIT JUDGED - 9.2 THEY WOULD SEE - Q10 - VERY DETERMINED BECAUSE OF MY CURRENT RELATIONSHIP AND FOR MYSELF - Q11 - NO GUILTY SECRET BESIDE WHAT WE ARE WORKING ON - IT WOULD FEEL A 10 IF EVERYBODY KNEW - Q15 - MY BOYFRIEND, NICKY, MY MOM - Q16 - A FRIEND WHO IS NOT VERY STABLE HERSELF, VICKY - SHE BROUGHT UP MY BEHAVIOUR BEFORE AND UPSET MY BOYFRIEND Q17 - YES Q18 YES Q19 YES