

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	Insecure because Mbongi is going to CPT
2	Unsure, taken advantage of.
3	alone, bored, depressed, spent, resentful
4	Rested, sense of renewal, more alert
5	a bit anxious, Mbongi left for Cape Town today
6	Tired, didn't sleep well, guilty for getting
7	upset with Mbongi

**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	Secure and happy for him. No fear.
2	Sure and happy to be alone.
3	Acknowledged, supported, uplifted
4	Excited, energetic, in control
5	at peace, calm and in harmony
6	Refreshed, courageous
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):**

	Morning						Afternoon				
	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:**

	Morning						Afternoon				
	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:**

I think I have not been assertive enough with Mbugi, I allow my reptilian brain to react in fear and anxiety. I am more self aware today.