

Therapist's work sheet



BWRT®

Client ID:

PRADDEEP

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:

about looks.
Shy, self-conscious, different, funny
inadequate, hasn't achieved potential.
discouraged

Q2 - Worst part:

Diff. funny
Hasn't achieved potential.

frustration is stuck in
Luggos

Q4 - PAL 1: Initial: 9 Eventual:

Q10 - Stated determination level: Initial: Eventual: 10

Q13 - The perfect self:

happy self as I am.

Q14 - PAL 2: Initial: Eventual: 10

Q18 - Best thing about being free:

Free of shackles of self-doubt & self-judgment.
I wouldn't be affected by what people
say or think.

EXTRA NOTES:

Scared to die in past.

Calmer
Comfortable
Content
Confident
happy self
as I am

Past 65 3 ✓

Final Session

R200,000 - ^{Issue} - Sure life is happy all time.
Does this keep happening.