

# Therapist's work sheet



BWRT<sup>®</sup>

Client ID:

PRADDEEP

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

Q1 - Current Image:

about looks.  
Shrewd, self-conscious, different, funny  
independent, <sup>hasn't achieved</sup> potential.  
discouraged

Q2 - Worst part:

Diff. funny  
Hasn't achieved potential.  
frustration is stuck in me.  
Luggos

Q4 - PAL 1: Initial: 9 Eventual:

Q10 - Stated determination level: Initial: Eventual: 10

Q13 - The perfect self:

how I see myself 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:

Score 6  
to did in past.

When  
Comfortable  
Content  
Confident  
how I see  
as I am

Post 65 3 ✓

Final Session

Room 1000 - <sup>Issue</sup> Social City, Happens all time.  
Does this keep happening.