

# Psychoeducational Group Worksheet

**Worksheet Title:**

**Facilitator(s):**

**Date:**

**Group Members:**

- 
- 
- 
- 
- 

**Instructions:**

Provide clear instructions on how to use the worksheet. Mention the purpose and goals of the exercise.

**Section 1: Introduction**

**Topic:**

**Objective:**

**Section 2: Individual Reflection**

**Instructions:**

**Questions/Prompts:**

- 1.
- 2.
- 3.

### **Section 3: Group Discussion**

#### **Instructions**

Guide participants on how to share and discuss their responses.

#### **Discussion Guidelines:**

### **Section 4: Reflection and Goal Setting**

#### **Instructions**

Guide participants in reflecting on the group discussion and setting personal goals

#### **Reflection Questions:**

### **Section 5: Closing Remarks**

#### **Summary:**

#### **Next Steps:**

**Additional Resources:**