

Therapy Worksheets

Client Information

Name:

Date of Birth:

Gender:

Address:

Phone Number:

Email Address:

Date of Consultation:

Instructions

1. Reflect on different aspects of your life and self-care practices.
2. Rate each item on a scale of 1-5 based on how well you incorporate it into your life (**1 = rarely, 5 = consistently**).
3. Take note of areas where improvement is needed and brainstorm strategies for enhancing self-care.

Score	Self-Care Categories
	I. Physical Health
	Engaging in regular exercise or physical activity.
	Getting sufficient sleep and rest.
	Eating a balanced and nutritious diet.
	Attending to personal hygiene and grooming.
	Taking breaks and setting boundaries to avoid burnout.
	II. Emotional Well-being
	Practicing self-compassion and self-acceptance.
	Identifying and expressing emotions in healthy ways.
	Engaging in activities that bring joy and fulfillment.
	Seeking support from friends, family, or a therapist.
	Engaging in stress management techniques (e.g., mindfulness, deep breathing).
	III. Mental Stimulation
	Engaging in intellectually stimulating activities (e.g., reading, puzzles).

	Learning new skills or pursuing hobbies and interests.
	Challenging negative thoughts and cultivating positive thinking.
	Seeking opportunities for personal and professional growth.
	Setting goals and working towards their achievement.
	IV. Social Connections
	Maintaining meaningful relationships with family and friends.
	Engaging in social activities and spending time with loved ones.
	Seeking out support networks or joining community groups.
	Practicing active listening and effective communication.
	Balancing social interactions with personal boundaries.
	V. Relaxation and Leisure
	Engaging in activities that promote relaxation (e.g., meditation, bath).
	Allowing time for leisure activities and hobbies.
	Disconnecting from technology and work-related stressors.
	Spending time in nature or engaging with the arts.
	Creating a calming environment at home.
	VI. Self-Reflection and Growth
	Journaling or engaging in introspective practices.
	Seeking feedback and learning from experiences.
	Setting personal goals and tracking progress.
	Engaging in self-care assessments and evaluations.
	Prioritizing self-reflection and personal development.

Additional Notes