

Therapy Worksheets For Adults

Name Lucinda Yu		Date 12/05/2022	
	What I'm Doing Well	What I Could Improve	Goals
Family	Me and my daughter's relationship is improving. I am showing her that I trust her and understand she is growing up and needs her own space.	I could communicate better with my ex-husband.	To feel less angry toward my ex-husband. I want my daughter to see her parents having a healthy relationship even if we are separated.
Friends			
Work	I've been volunteering at the local primary school for the past 5 years and I really enjoy this work.	I've been feeling lonely and sad now that my daughter spends half her time with her dad. I think I'd like to find more work.	I want to either start a new part-time job or increase my volunteering hours.
Mental Health	I've been more open and honest about how I'm feeling with my friends.	I want to regularly come to therapy so I can learn coping mechanisms for my sadness.	I want to manage feelings of sadness and figure out a way to accept my divorce.
Physical Health	I've been going on walks every morning with a friend. These help with the recovery from a surgery I had last year.	I could start going to the gym again but I don't really have the motivation right now. I want to feel active and energetic again.	I want to feel better about how I look.
Other			