

Online CBT Resources

CBT session agenda

Use the CBT agenda worksheet to help you to plan for your next therapy session and to reflect on it afterwards.

CBT is thought to work best when we plan the session quite carefully. This helps us to focus on the most important areas of difficulty and to keep our focus on the changes you want to make. It can be useful to think about the session in separate parts or stages.

1) arriving at the session and checking whether there is anything urgent that we need to attend to straight away. If not, checking how you have been since the previous session. Is anything better or worse and why do you think that is? What have you noticed about any changes in the difficulties you've been experiencing?

Your answer...

2) reviewing the impact of the previous session: what was useful that stayed with you? What, if anything, was unhelpful?

Your answer...

3) what did you do differently or try out after the last session with the aim of helping yourself? Was it something you had planned with your therapist or something you came up with yourself? How did it go? What did you learn about what helps?

Your answer...

4) what are the most important items to put on the agenda today and why? How do they fit with our plan for therapy?

Your answer...

5) what ideas can we come up with together to help you to take what we've discussed in the session back into your life? What problems might we need to anticipate and what strategies can we devise to help overcome them?

Your answer...

After the session, you might like to take some time to reflect on what was most important for you about the session. Were there any ideas or strategies that you found helpful? Was anything unhelpful? Bring these thoughts back to the next session to discuss with your therapist.

Your answer...