

Online CBT Resources

Home practice diary

Use the home practice diary to plan and complete your self-help assignments between therapy sessions.

Home practice is an important part of getting better and staying well. The evidence points to faster and more complete recovery if you complete self-help assignments that build on the insights you gain from your therapy sessions (Kazantzis et al., 2000). Use this worksheet to keep a record of activities you think would be helpful to do between sessions and any changes you notice as a result.

Start by making a note of the day and time you are planning to do your home practice. Before you start record whatever emotion you are feeling and how strong that feeling is. Then make a note of what your home practice activity is going to be. Home practice can take many forms. It could be daily relaxation or mindfulness; writing down each day three things that went well and why; completing a thought record; exposing yourself to feared situations and resisting the urge to act on unhelpful urges or compulsions; writing and reading a worry script; listening to a recording of your account of a traumatic event, and so on.

Once you have attempted your activity, make some notes about how the activity went: what problems did you encounter and how did you manage them? Record how long you spent on the activity and how you felt after attempting it and how strong that feeling was. Tick off the activity when you've finished. When you have attempted your home practice activities five times, print out the completed worksheet, download it, or email it to yourself. Soon you will see what difference regular home practice makes to how you feel.

Day & time	How you felt before the activity	What you did	How long you spent on the activity	What you noticed changed	How you felt after the activity