1. **Review of past week(s)**
   - What positive things have happened? What do I deserve credit for?
   - What problems came up? What did I do? If the problem recurs, what, if anything, should I do differently?

2. **Review of homework**
   - Did I do what I had planned? If not, what got in the way (practical problems; automatic thoughts), and what can I do about that next time?
   - What should I continue to do this week?

3. **Current problematic issues/situations**
   - Am I viewing this problem realistically, or have I been overreacting? Is there another way of viewing this?
   - What should I do?

4. **Prediction of future problems**
   - What problems may come up in the next few days or weeks, and what should I do about them?

5. **Set new homework**
   - What homework would be helpful? Should I consider:
     - Doing Thought Records?
     - Scheduling pleasure or mastery activities?
     - Reading therapy notes?
     - Practicing skills such as relaxation?
     - Doing a credit list?

6. **Schedule the next self-therapy appointment**

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