

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*

FIGURE 18.3. Guide to self-therapy sessions. From *Cognitive behavior therapy worksheet packet*. Copyright 2011 by Judith S. Beck. Bala Cynwyd, PA: Beck Institute for Cognitive Behavior Therapy.

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