

Capturing Thoughts

During therapy, clients must be encouraged to share their innermost thoughts, feelings, memories, and emotions to maximize the process.

Ask the client to capture such thoughts for discussion at their next therapy session:

What thought did you have?	
What was its trigger?	
How did it make you feel?	
What are your concerns about the thought?	
Did you find a resolution?	
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Review the completed form with the client, focusing on their concerns and the rational and irrational beliefs behind their thinking.

Dr. Jeremy Sutton