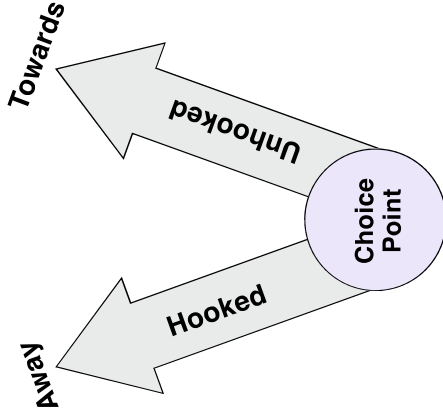


Choice Point Worksheet

Name: Emily Harper

Date: June 12, 2024

Therapist: Dr. Alex Martinez



Away moves
<p>List the actions or thoughts that could lead you away from your values.</p> <p>Avoiding the presentation by calling in sick. Reading off the slides without engaging with the audience. Over-apologizing for mistakes.</p>

Towards moves
<p>List the actions or thoughts that could lead you towards your values.</p> <p>Practicing my presentation multiple times beforehand. Focusing on delivering value to my audience. Using calming techniques to manage anxiety.</p>

Feelings
<p>What emotions did you feel during this moment?</p> <p>Anxiety Fear Self-doubt</p>

Thoughts
<p>What thoughts were going through your mind?</p> <p>"What if I mess up?" "Everyone will think I'm incompetent." "I should have prepared more."</p>

Situation
<p>Describe the situation where you faced a choice point.</p> <p>I had to give a presentation at work about a project I've been leading.</p>

Helpers
<p>Values: List the values that are relevant to the situation.</p> <p>Professionalism Growth Integrity</p> <p>Goals: What are your goals in this situation?</p> <p>To deliver a clear and engaging presentation. To demonstrate my competence and leadership.</p> <p>Skills: What skills do you need to apply or develop to align with your goals?</p> <p>Public speaking skills Anxiety management techniques Audience engagement strategies</p>

Options	Clinician's notes and recommendations
<p>Option 1:</p> <p>How does this choice align with your values? Increased preparation time and effort. Initial discomfort in facing anxiety.</p> <p>Short-term consequences: Increased preparation time and effort. Initial discomfort in facing anxiety.</p> <p>Long-term benefits: Improved public speaking skills. Greater confidence in future presentations.</p>	<p>Observations:</p> <p>Emily shows a clear understanding of her values and goals but struggles with anxiety that impacts her performance.</p>
<p>Option 2:</p> <p>How does this choice align with your values? It does not align with my values of professionalism and growth.</p> <p>Short-term consequences: Temporary relief from anxiety.</p> <p>Long-term benefits: No long-term benefits; it may increase anxiety about future presentations and negatively impact my career.</p>	<p>Recommendations:</p> <p>Continue practicing public speaking in low-stakes environments. Develop a routine of anxiety management techniques. Attend a workshop or class on public speaking skills.</p>
<p>Additional options (if any):</p> <p>Seeking feedback from a trusted colleague to improve the presentation.</p>	<p>Client's signature: <u>Emily</u> Date: <u>June 12, 2024</u></p> <p>Therapist's signature: <u>[Signature]</u> Date: <u>June 12, 2024</u></p>