

Self-Therapy Worksheet

Name:

Date:

Self-therapy is a powerful tool for fostering self-awareness, emotional regulation, and personal growth.

This worksheet is designed to guide you through a structured process to explore your thoughts, feelings, and behaviors. By working through each section, you will develop insights into your emotional patterns, identify unhelpful thought processes, and create actionable steps to improve your well-being.

Take your time, be honest, and let this guide you toward clarity and growth.

1. Grounding exercise

Why it matters: Starting with a grounding exercise helps you settle into the moment and focus. Let's begin with where you are right now.

What's the time?

Where are you?

What can you see, hear, smell, or feel?

2. What are you feeling?

Why it matters: Naming your emotions makes it easier to understand what's going on. There's no right or wrong answer—just check in with yourself.

What are you feeling right now? (Check all that apply):

- Happy
- Sad
- Angry
- Anxious
- Fearful
- Excited
- Confused
- Other:

3. What triggered it?

Why it matters: Understanding what sets off your emotions can give you insight into patterns and help you prepare for similar situations in the future.

What has happened that might have triggered these emotions?

Write down the thoughts that are currently running through your mind. Try to capture both positive and negative thoughts related to the situation.

4. Reframing your thoughts

Why it matters: Sometimes, our initial thoughts can be overly negative or unhelpful. Taking the time to reframe them can help you see the situation in a more balanced and constructive way.

Are these thoughts helpful or unhelpful?

What's the evidence for or against these thoughts?

What's a different, more balanced way to look at this? Think about how someone you trust might view the situation or what advice you would give to a friend in your shoes.

5. Coping strategies

Why it matters: Coping skills help you manage tough emotions and feel more in control. Let's figure out what's worked and what you can try next.

What strategies have you tried ?

What will you try next? Check all that apply:

- Breathing exercises
- Journaling
- Talking to someone
- Exercise
- Listening to music
- Other:

Brainstorm how you'll apply these strategies in the future: Think about situations where these tools could help and how you'll remember to use them:

6. Action plan

Why it matters: Setting small, actionable goals can help you feel motivated, build momentum, and give your day a sense of purpose. Even small wins can lead to meaningful progress over time.

What's one small goal you want to work on? This could be something related to work, self-care, relationships, or personal growth:

What steps will you take to accomplish this goal? Break your goal into simple, manageable steps:

What challenges might come up, and how will you handle them? Preparing for potential obstacles can make it easier to stay on track:

How will you celebrate or acknowledge your progress? Rewarding yourself can help reinforce positive habits:

Self-therapy is a great way to build resilience, understand yourself better, and work through challenges. But remember, you don't have to go through everything alone. If things ever feel too heavy to manage by yourself, reaching out to a therapist or a trusted support system can be invaluable. You're doing important work by taking these steps, and asking for help when needed is a sign of strength, not weakness.

Keep showing up for yourself—one small step at a time.