

HOW TO BENEFIT FROM THERAPY

BE THERE

Regular participation.
Come to each session with something you want to accomplish.
Don't distort your sense of reality with alcohol or other drug abuse.

SELF DISCLOSURE

Expressing your true thoughts and feelings is absolutely essential in the therapy process.
Be yourself and let yourself be known.

FOR YOURSELF

Set out to "fix" yourself - not others.
Focus on your own needs. Your therapy is for your growth and benefit.

WORK ON GOALS THAT ADDRESS YOUR NEEDS

Establish clear therapy goals for yourself.
Don't simply present problems, propose possible solutions.
Imagine the outcome you want, consider different ways to that particular goal.

SELF RESPONSIBILITY

Avoid blaming others or making excuses.

TRY SOMETHING NEW

Don't expect anything to change if you continue doing the same things. Practice your new skills.

MAKE A FEW MISTAKES

When learning something new there will be mistakes.
Make mistakes meaningful by learning from them.

CELEBRATE YOUR PROGRESS

Keep a journal for yourself expressing your feelings, thoughts, and goals.
Be aware of your efforts that lead to improvement. Record things that are beneficial to you.
Notice progress along the way and celebrate your steps that are in the right direction.

BE ACTIVE IN YOUR TREATMENT

Discuss with your therapist things that are helping you and things that don't seem to be helpful.
Ask questions about your treatment to clarify what, how, and why.

PAST - PRESENT - FUTURE

Learn from your past but don't live there.
Don't passively wait for the future or live in your imagination of things to come.
The future begins with steps taken today.

SPIRITUAL WELL BEING

Pray for wisdom, strength, courage, peace, hope, as relevant to your needs.

PRACTICE SELF CARE

Refrain from active and passive self-harm.
Take necessary action to avoid being harmed by others.
Participate in medically appropriate exercise.
Get a reasonable amount of sleep and rest.
Eat nutritious meals.
Take medications as prescribed and see your doctor if adjustments are needed.

SOCIAL SUPPORT

When appropriate, incorporate family and friends to support your goals.
Utilize community resources that will promote your growth.