



THERAPY MATTERS

A THERAPY GUIDE FOR ALCOHOL USE

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THERAPY MATTERS

DATE: _____

What brings you to seek therapy at this time?

What are your goals for therapy?

How will you know when you are done with treatment? What changes will have occurred?

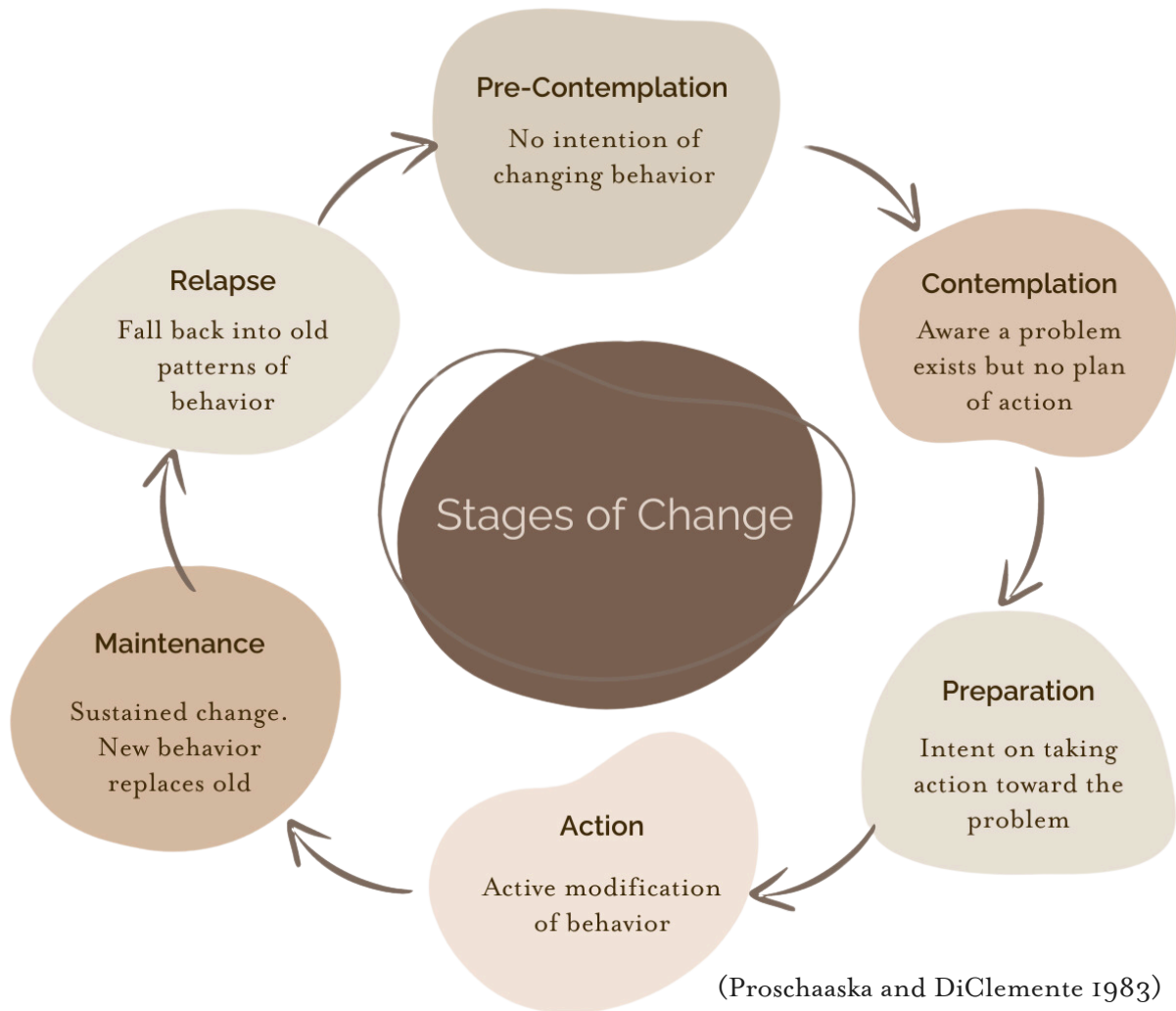
WEEKLY CONSIDERATIONS

What did I do this week to move toward my overall wellness goals?

What were some pitfalls this week?

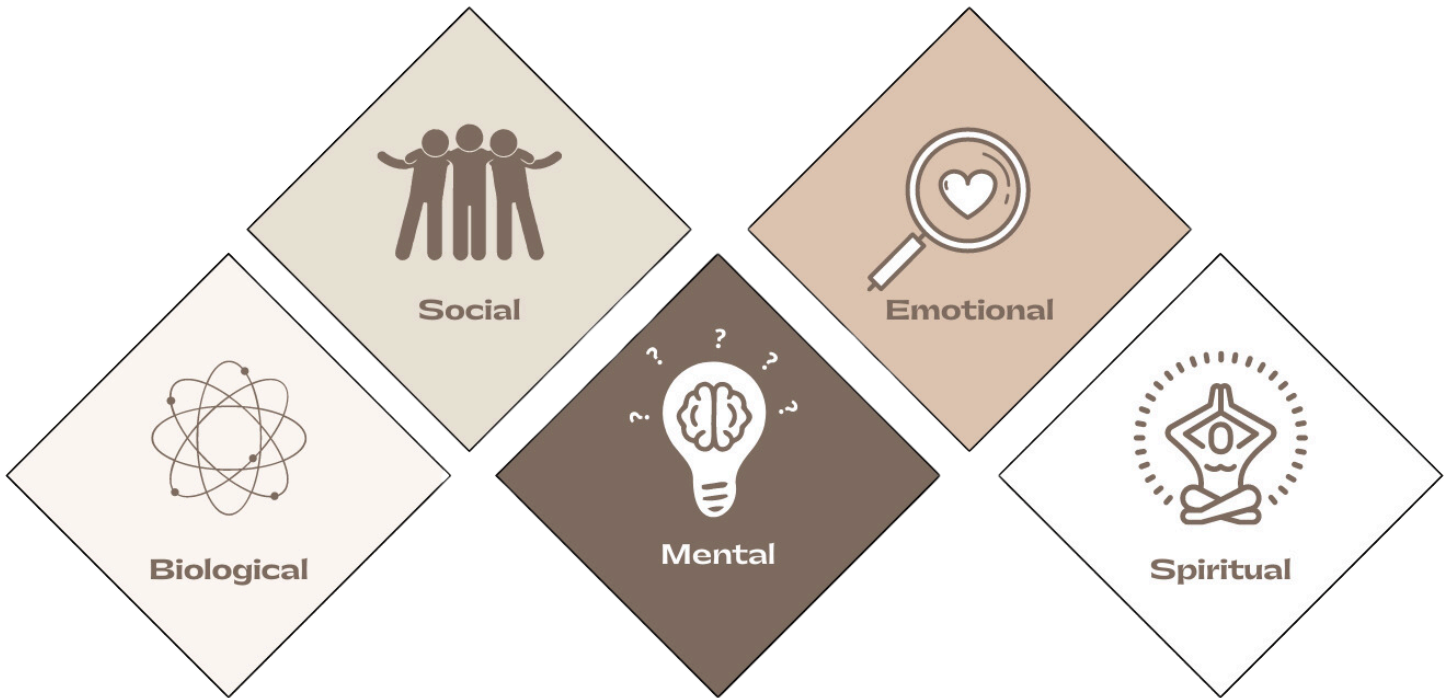
What is one action step I can take to move forward in my wellness or recovery?

STAGES OF CHANGE



In which stage of change do you find yourself?

MODEL OF ADDICTION



Notes
