

Weekly Journaling Exercise

Success in Cognitive Behavioural Therapy relies on the consistent application of the techniques and strategies developed in your CBT sessions. This exercise can be used to track progress and maintain therapeutic gains following the completion of formal therapy sessions.

- 1. Over the last seven days what have I done to maintain progress following my therapy sessions?**

- 2. What specific CBT techniques have I used to improve my coping behaviours and emotional resilience?**

- 3. How important were the situations that I faced?**

Highly Important

Moderately Important

Less Important

- 4. How rewarding did it feel to apply what I have learnt?**

Highly Rewarding

Moderately Rewarding

Less Rewarding

5. What did I learn from this?

6. What CBT approaches do I need to focus on or revisit to improve my coping skills?

7. What do I plan to do next week to maintain progress?

8. Why is this important and how does it contribute to my personal values and goals?