

# Worksheet

Professional Version | US English

# Self-Practice Record



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## Description

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The *Self-Practice Record* is a worksheet for recording out-of-session or between-session tasks in cognitive behavioral therapy (CBT). It deliberately avoids the use of the word 'homework' which some clients find off-putting. Out-of-session work (collaboratively generated and negotiated) is an essential component of effective CBT. For example, research has indicated that: "There is relatively consistent evidence from correlational studies to conclude that homework adherence is associated with significantly better outcomes" (Thase & Callan, 2006).

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## References

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Addis, M. E., Jacobson, N. S. (2000). A closer look at the treatment rationale and homework compliance in cognitive behavioural therapy for depression. *Cognitive Therapy and Research*, 24(3), 313-326.

Kazantzis, N., Deane, F. P., & Ronan, K. R. (2000). Homework assignments in Cognitive and Behavioral Therapy: A meta-analysis. *Clinical Psychology: Science and Practice*, 7(2), 189-202.

Thase, M. E., Callan, J. A. (2006). The role of homework in cognitive behavioural therapy of depression. *Journal of Psychotherapy Integration*, 16(2), 162-177.

# Self-Practice Record

What I am committing to do?

How often will I do it? (How many times per week / day?)

	What I did	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Discussion points for the next session:

## Self-Practice Record

### What I am committing to do?

Practice the relaxation exercises that my psychologist taught me.

Try to do them in different situations – sometimes at home when I'm already relatively calm, and sometimes when I'm out and about.

### How often will I do it? (How many times per week / day?)

At least once every day for each of the progressive muscle relaxation and the relaxed breathing exercises.

	What I did	Comments
<b>Monday</b>	Progressive muscle relaxation x1. Relaxed breathing x1.	Preferred the muscle relaxation, breathing made me feel weird.
<b>Tuesday</b>	Progressive muscle relaxation x1. Relaxed breathing x1.	
<b>Wednesday</b>	Relaxed breathing x2.	Did breathing in a stressful situation at work – it helped.
<b>Thursday</b>		
<b>Friday</b>	Progressive muscle relaxation x1. Relaxed breathing x1.	
<b>Saturday</b>	Progressive muscle relaxation x2. Relaxed breathing x1.	Did the muscle relaxation after some yoga.
<b>Sunday</b>		

### Discussion points for the next session:

Why does the breathing sometimes make me feel a bit dizzy?

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## Resource details

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