

WORKSHEET – MY PLAN FOR USING THIS BOOK

Date: _____ Name: _____

Choose a Goal:

- Start being a couples counselor for the first time.
- Add couples counseling to an already established practice.
- Decide to specialize in couples counseling.
- Other

Make agreement with an accountability partner:

We will check in weekly, monthly, or bimonthly, and review progress together.

Date: _____

Signature: _____

Signature: _____

Review the Table of Contents:

- Note chapters you are most interested in reading.
- Decide on order of using this book, straight through, pertinent chapters first, etc.
- Set a daily or weekly reading goal _____.
- Create a reading log.

Review Worksheets at end of each chapter:

- Note worksheets you want to complete.
- Share list with accountability partner.

Keep track of questions as you read:

- Start a document or notebook to log your questions.
- Enter answers as you find them.
- Share with your accountability partner.
- Reach out to mentor or colleague for those you can't answer.

Write down your feelings in a journal as they come up:

- Save for your own therapy
- Share with accountability partner
- Keep private

Make list of sections to return to later:

Celebrate accomplishments:

- Finished chapters list.
- Finished worksheets list.
- Started seeing couples or increased number of couple clients in your practice.
- Reward yourself!