

WORKSHEET – Action Steps to Overcome My Fears

Action	Date completed
Set a coffee date to talk with a seasoned couples therapist about their experience becoming a couples therapist.	
Share my fears about doing couples counseling with a friend.	
Take free introductory course – “Working with Couples 101” with Shane Birkel, LMFT https://www.couplestherapistcouch.com	
Choose a podcast that interests me from the https://www.couplestherapistcouch.com . You can scroll through the years and find one that applies to your specific fears.	
Talk to a couple in my friend network who has done successful couples therapy.	
Read chapter 2 in Robert Taibbi’s book “Doing Couple Therapy”. The basics: clinical goals and tasks. To get an idea of what is required as a couple therapist.	