## **Therapy Blueprint**

Please complete this template document as well as you can before the final session of CBT-T. Then, you can discuss it with your clinician in that last session and make any amendments that would be useful.

When completing the blueprint, think about what worked for you in therapy, as well as anything that did not work well. Remember, the goal is to remind yourself in the future about what you have learned from therapy, so that you can make sure that you maintain your progress over the follow-up period and far beyond.

It might help if you imagine yourself now, giving advice to yourself of a few months ago, whe you were starting CBT-T. What would your advice be then, and how can you make sure that you keep taking that advice into the future.	
1.	What were my problems when I was first referred?
2.	What did I do to change?
3.	What changes do I still want to make and how will I achieve that?

4.	What might lead to a setback in the future?
5.	What will be the symptoms of a setback?
6.	How will I overcome the setback?
7.	What if that doesn't work?