

# Therapist's work sheet

Client ID:



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*This work sheet is for recording client responses to the Unlock Questionnaire and will be needed on 2<sup>nd</sup> and subsequent sessions of therapy.*

Q1 - Current Image:

Q2 - Worst part:

Q4 - PAL 1: Initial:            Eventual:

Q10 - Stated determination level: Initial:            Eventual:

Q13 - The perfect self:

Q14 - PAL 2: Initial:            Eventual:

Q20 - Best thing about being free:

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**EXTRA NOTES:**