



BWRT®

Client Work Sheet One

It is important to the success of your therapy that you complete this worksheet on a daily basis – failure to do so might limit the degree of success you achieve as a result. We are going to make a fundamental change to the way you view yourself (your core identity) and so it is necessary to remind your brain regularly about the ‘new you’ to get the best result we can.

Your ‘scores’ and comments will help your therapist to tailor the therapy to be a complete match for the structure of your thought processes, so complete honesty is needed if you are serious about finding the life you want – if you are less than honest, your therapy will be compromised.

Even if you attend with a completely negative response, your therapist will still be able to help you get to where you want to be!

Be completely honest with your answers to the two questions on this page.

Your current core identity:

Write down a one-line statement of how you see yourself in your mind's eye. If the description is different from that which you gave your therapist, that's absolutely fine. As time goes by before your next session, this description might change but *do not erase or blank the previous one(s)*. Be sure to write the first one the day after your session. If nothing changes, write 'same as yesterday.'

Day	Description
1	
2	
3	
4	
5	
6	
7	

Your Ideal Self

Now write one line about how you really would like to be, making sure that it's totally possible, plausible, and designed to please *you* and not for anybody else. If it changes, that's okay, but don't blank or erase previous statements. Don't hold back because it seems unlikely – write exactly what you want as long as it's **possible, plausible** and designed to please **you** rather than somebody else. If nothing changes, write 'same as yesterday.'

Day	Description
1	
2	
3	
4	
5	
6	
7	

This page is designed to show the therapist how your general personality functions so that the therapy can be designed to be a perfect fit for you. Just tick the box that is most relevant to the way you feel in each of the following – please complete each day **honestly** (i.e. no exaggeration in either direction) between therapy sessions:

My general mood each day when I think about therapy (1 very poor, 5 very good):

	Morning						Afternoon				
	1	2	3	4	5		1	2	3	4	5
Day 1											
Day 2											
Day 3											
Day 4											
Day 5											
Day 6											
Day 7											

And when I think strongly of my Ideal Self, I feel:

	Morning						Afternoon				
	1	2	3	4	5		1	2	3	4	5
Day 1											
Day 2											
Day 3											
Day 4											
Day 5											
Day 6											
Day 7											

Any comment(s) you might have: