



What the Heck Am I Doing Here?

A Practical Guide to Tracking Your Therapy Progress

When you're investing your time, energy, and hard-earned money into therapy, you shouldn't have to guess if it's working. This worksheet is designed to help you move past the "just venting" stage, audit your current progress, and build a collaborative roadmap with your therapist.

1. YOUR TIMELINE

Research shows that 8 sessions is generally the baseline needed for "minimally adequate treatment"—meaning the minimum required for real, lasting change.

Where are you on your journey?

- ☐ Just starting out (Sessions 1-3)
- ☐ In the middle of the baseline phase (Sessions 4–7)
- ☐ Past the baseline mark (Sessions 8+)

2. THE ROADMAP (YOUR TREATMENT PLAN)

Evaluation Question	Your Response
Do I know what my overarching therapy goals are?	☐ Yes ☐ No ☐ Sort Of
Do the steps we are taking actually make sense to me?	☐ Yes ☐ No ☐ Sort Of
Do I feel like an active collaborator in my care?	☐ Yes ☐ No ☐ Sort Of

If you answered "No" or "Sort Of" to any of these, write down one question you can ask your therapist next session to get clarity:

- *Example:* "Can we take 10 minutes next session to review my treatment plan and make sure we're on the same page?"

- **My question:** _____



3. CREATING STRUCTURE

Venting feels good in the moment, but therapy requires structure and strategy to create lasting change. Let's translate vague goals into **specific markers of change**.

Instead of a vague goal like *"I want to lower my anxiety,"* let's break it down:

1. **How does the issue currently show up in my life?** (e.g., *I freeze up when my boss emails me, or I lie awake for an hour scrolling.*) _____

2. **What will be different in my everyday life when this changes?** (e.g., *I will reply to the email within 10 minutes without a racing heart, or I will put my phone away at 10 PM.*) _____

4. GIVE FEEDBACK

Therapists aren't mind readers, and data shows they aren't always great at guessing how therapy is going without your direct feedback.

Rate your typical sessions on a scale of 1 to 5:

1 = We just talk about whatever happened this week; there's no real structure.

5 = We actively work toward my goals, check in on my progress, and pivot when needed.

1	2	3	4	5
☐	☐	☐	☐	☐

5. YOUR ACTION PLAN

Depending on where you are right now, choose your next step:

If You Are New to Therapy:

- Ask your therapist explicitly: "What do the next few steps of our plan look like?"
- Commit to hitting at least the 8-session mark before deciding if therapy is "working."

If You Are in the Middle & Feeling Stuck:

- Request a "Drawing Board Session." (Say: "I feel like we've hit a bit of a plateau. Can we look back at where we started, review my goals, and re-calibrate our approach?")
- Identify one goal that has evolved since you started, and write it here to share next time:
