

Therapy Assignment Log

Neuroscientists tell us that learning new psychological skills can literally change the way your brain works, affecting the way you think, feel and act. However, to make this happen, you must practice new psychological skills on a regular basis, just like you were learning to play a musical instrument or trying to master a sport. Without practice, you will only have limited success.

This worksheet is designed to help you keep track of when you practice your therapy assignments and to record how they are at helping you address your psychological issues and concerns. If you are currently in therapy, you should review this log at every session with your therapist.

Goal of Therapy

List any problems you anticipate carrying out your assignments.

What will change in your life when your therapy goal has been achieved?

Name of Assignment	Date and Time of Practice	Rate* the Success of this Assignment	Comments

*Rate using the following scale 1=Not Helpful 10=Extremely Helpful