
Therapy-Sabotaging Behavior Worksheet

Instructions: Review each behavior below. Place a check mark (✓) next to it if you've ever experienced it in relation to your therapy or counseling. Then, choose two behaviors you have experienced and develop an action plan for coping with each behavior.

Not attending my sessions on time
Skipping my session entirely
Missing sessions because I was upset with my counselor
Dropping out of counseling after only a few sessions
Not following through and completing assignments or journal exercises between my counseling sessions
Blaming my counselor for not helping me enough
Talking about how to change in my sessions but not actually translating these changes into my life
Expecting my counselor to solve my problems.
Expecting my counselor to tell me what to talk about in my sessions
Not opening up and telling my counselor what I really think or feel

Not telling my counselor when I feel like using substances or have actually used between sessions
Constantly calling my counselor on the phone or leaving messages
Placing unrealistic demands on my counselor
Not properly taking medications such as Antabuse® or naltrexone, or medications for a concurrent psychiatric disorder
Not accepting responsibility for those things over which I have control
Not accepting responsibility for _____
(things over which I have influence)
Blaming others for my behavior choices
Placing myself in high-risk situations

Behavior 1:

Action Plan:

Behavior 2:

Action Plan: