

ACT Therapy Personalization Form

In order to make counseling as effective as possible for you, please take a few minutes to answer the following questions:

1) What (or who) made you want to get counseling? _____

2) What results do you want or expect out of counseling? _____

3) How will you know when it's time to finish your counseling? _____

4) What have you already tried? (Let's not spend time re-doing what you already know doesn't work). Look back at your answer to Question 2 about what you want. Now please list *everything* you can think of that you've *ever* tried in order to get that outcome, either with counseling or on your own. Then grade each item from A to F for how effective it was in getting you what you want in the short run and the long run. (Continued on next page)

What I Have Tried	Short Term Grade	Long Term Grade
<i>Example: Venting to my counselor while he/she just listened</i>	A	<i>D (nothing really changes)</i>
<i>Example: Going gambling to numb my feelings</i>	A	<i>D (feelings keep coming back)</i>
<i>Example: Going for a 15 minute walk</i>	B	<i>B (pretty effective)</i>

