# CLIENT WORKSHEETS

Welcome to your therapeutic journey toward emotional wellness, resilience, and meaningful personal empowerment. These worksheets have been thoughtfully created to support your growth and self-discovery, drawing upon an integrative approach that combines numerous evidence-based therapeutic modalities. My approach to therapy is holistic, client-centered, and tailored specifically to meet your unique needs, goals, and life circumstances. Together, we will build a therapeutic process rooted in compassion, understanding, and collaboration, empowering you to achieve greater emotional balance, personal insight, and overall well-being.

As we embark on this path together, you'll discover that our work incorporates several highly respected and well-established therapeutic methods, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Internal Family Systems (IFS), Mindfulness-Based Stress Reduction (MBSR), Compassion-Focused Therapy (CFT), Emotionally Focused Therapy (EFT), and Somatic Experiencing. Additionally, we will engage with the principles and practices of Positive Psychology to help you cultivate character strengths, optimism, resilience, and authentic happiness. Our therapeutic collaboration may also integrate Polyvagal Theory, focusing on your nervous system's role in emotional regulation and stress management, as well as Sensorimotor Psychotherapy, to facilitate deeper mind-body integration, healing from trauma, and enhanced emotional processing.

To honor the complexity and depth of your personal experience, our work is also informed by existential, humanistic, Buddhist, and person-centered theoretical orientations. Existential therapy allows you to explore meaningful questions about your life purpose, authenticity, freedom, and responsibility. Humanistic and person-centered approaches emphasize your inherent worth, dignity, and capacity for growth, creating a supportive therapeutic environment where you are respected, validated, and truly seen. Buddhist psychology principles will gently guide you toward mindful awareness, acceptance, non-attachment, self-compassion, and inner peace, cultivating deeper insights into the nature of suffering and the pathways toward liberation from emotional distress.

For those navigating challenges related to motivation, recovery, addiction, and trauma, our work will integrate Motivational Enhancement Therapy (MET), Motivational Interviewing (MI), Mindfulness-Based Cognitive Therapy (MBCT), 12-Step Facilitation, Seeking Safety, Making Recovery Easier, Wellness Action Plans, and Cognitive Processing Therapy (CPT). These approaches offer structured, supportive strategies that empower you to build motivation for change, maintain recovery, effectively manage triggers, and safely address and heal past trauma.

Each worksheet included here will serve to deepen your self-awareness, enhance your reflective abilities, and provide you with practical tools for managing emotions, shifting thought and behavior patterns, healing past emotional wounds, and creating healthier relationships and a more balanced life. Through journaling exercises, mindfulness activities, emotional exploration, values clarification, parts work, somatic practices, trauma-informed reflections, and

personalized goal-setting activities, you will gain a clearer understanding of yourself, your motivations, and your personal potential.

As we collaborate, remember that psychotherapy is an empowering partnership, deeply respectful of your individuality and autonomy. There are no "right" or "wrong" responses—your honest, authentic engagement is what matters most. Your openness to explore these materials and thoughtfully reflect on your experiences will significantly enrich our therapeutic work together, promoting lasting positive transformation.

I am honored and grateful to accompany you on this empowering journey toward greater self-understanding, emotional healing, personal growth, and a life fully aligned with your deepest values, purpose, and aspirations.