

# EVALUATING THE EFFECTIVENESS OF THERAPY

**INSTRUCTIONS:** Therapy can be a transformative journey, but it's essential to assess its effectiveness in meeting your goals and improving your well-being. This checklist is designed to help you evaluate the impact of your therapy sessions and determine if therapy is truly benefiting you. Consider taking it only after 6-8 sessions. Be patient and honest with yourself during the evaluation process.

## 1. Clearly Defined Goals:

- Have you and your therapist established clear and specific goals for your therapy journey?
- Are you aware of the plan & steps to be taken towards these goals?

## 2. Increased Self-Awareness:

- I am in touch with my emotions and can express them appropriately.
- Has therapy helped you gain insight into patterns that may impact your mental well-being?

## 3. Coping Strategies:

- Are you learning practical coping strategies and skills to handle life's challenges?
- Are you able to apply these techniques outside of therapy sessions?

## 4. Emotional Regulation:

- Have you noticed improvements in managing and expressing your emotions?
- Are you better equipped to handle intense emotions constructively?

## 5. Reduction in Distress:

- Has there been a reduction in emotional distress, anxiety, or depression?
- Are there changes in the frequency, intensity & duration of distressing emotions?

**6. Rational Thinking:**

- Have you become more adept at recognizing irrational thoughts?
- Are you being able to challenge and change irrational thoughts?

**7. Relationship with Therapist:**

- Do you feel comfortable sharing your thoughts and concerns with your therapist?
- Do you think your therapist understands and cares about you?

**8. Feedback and Adjustments:**

- Are you able to give honest feedback to your therapist?
- Is your therapist able to customize their style and practices for your needs?

**9. Goal Attainment:**

- Has there been a reduction in emotional distress, anxiety, or depression?
- Are there changes in the frequency, intensity & duration of distressing emotions?

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**Remember** that therapy progress can be gradual and may vary from person to person. If you find that therapy is not meeting your expectations or needs, consider discussing your concerns with your therapist or exploring alternative therapeutic approaches. Therapy is a collaborative process, and open communication with your therapist is key to maximizing its effectiveness.

**Disclaimer:** This checklist is meant for informational purposes only and is not a substitute for professional advice or evaluation. If you are experiencing severe mental health concerns, always seek guidance from a qualified mental health professional.

**Let us know how you scored on this checklist!**