

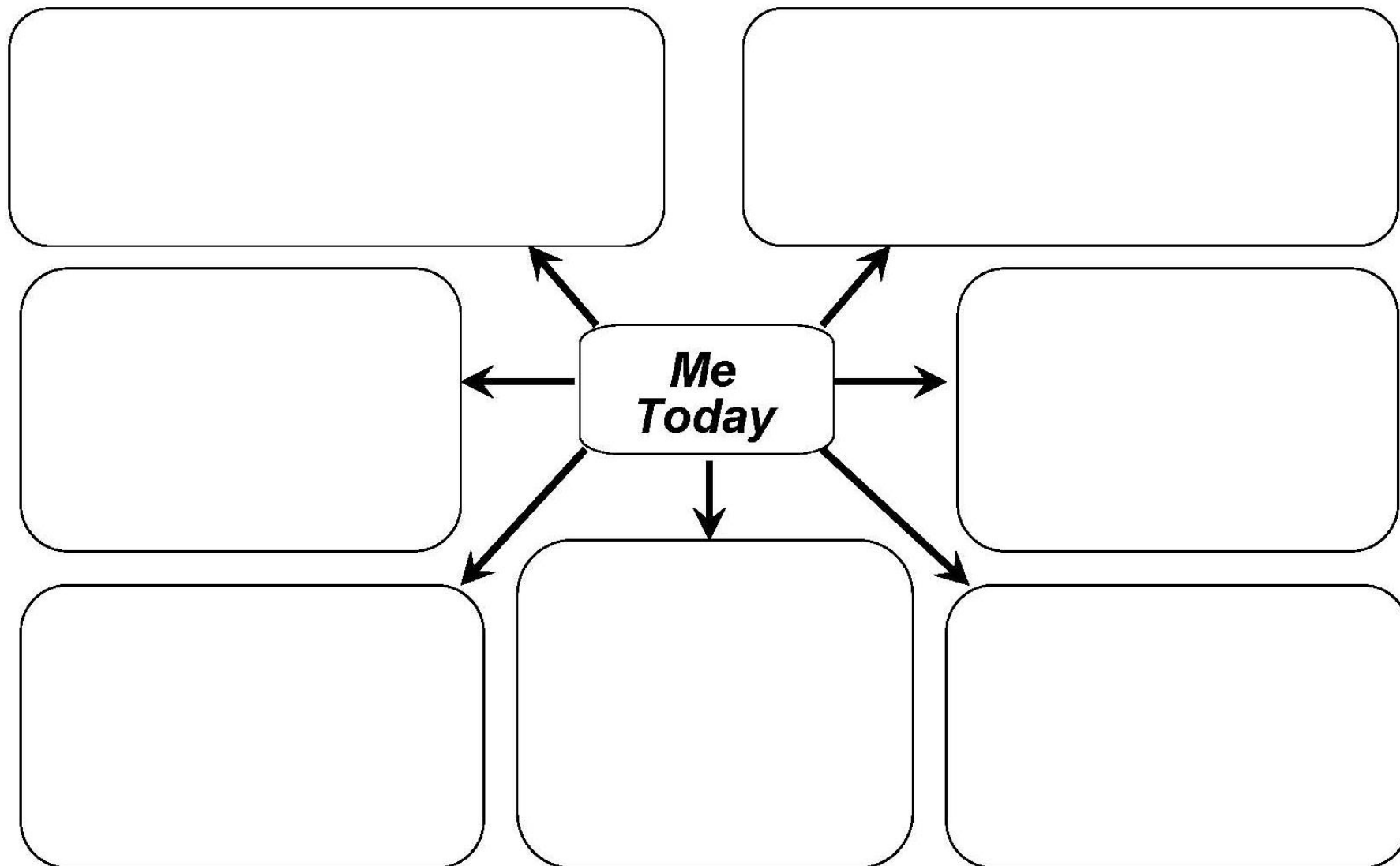
Treatment Tools

Map 1.1 'Me Today'

Client:

Keyworker:

Date: __/__/__



How useful was this map and discussion?
Not Useful 1-2-3-4-5-6-7-8-9-10 Very Useful
Comments:

Areas to consider:

Family Health Emotional Interests Education Fun Work Friends

Map 1.3 Things I would like to change

Describe what you want to change	How would life be different if it happened

(Use back if needed)

How useful was this map and discussion?
Not Useful 1-2-3-4-5-6-7-8-9-10 Very Useful

Comments:

Client Name:

Keyworker:

Date: / /

The change I want to make

The change I want to make

The reasons why I want to make this change

My main goals for myself in making a change

People who could help me

What they could do

The first steps I will take will be:

What

When

The positive results that I hope my plan will have

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10

Client Name

Keyworker

Date: / /

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Triggers

Trigger	Action
1.	
2.	
3.	

Get the client to start thinking rationally!

Euphoric Recall

Highlights of a film / Rose tinted glasses

Reality of use:

Pro's	Con's

Forced Memory Connection:

Thought Stopping:

Thought Replacement:

Lapses

Questions

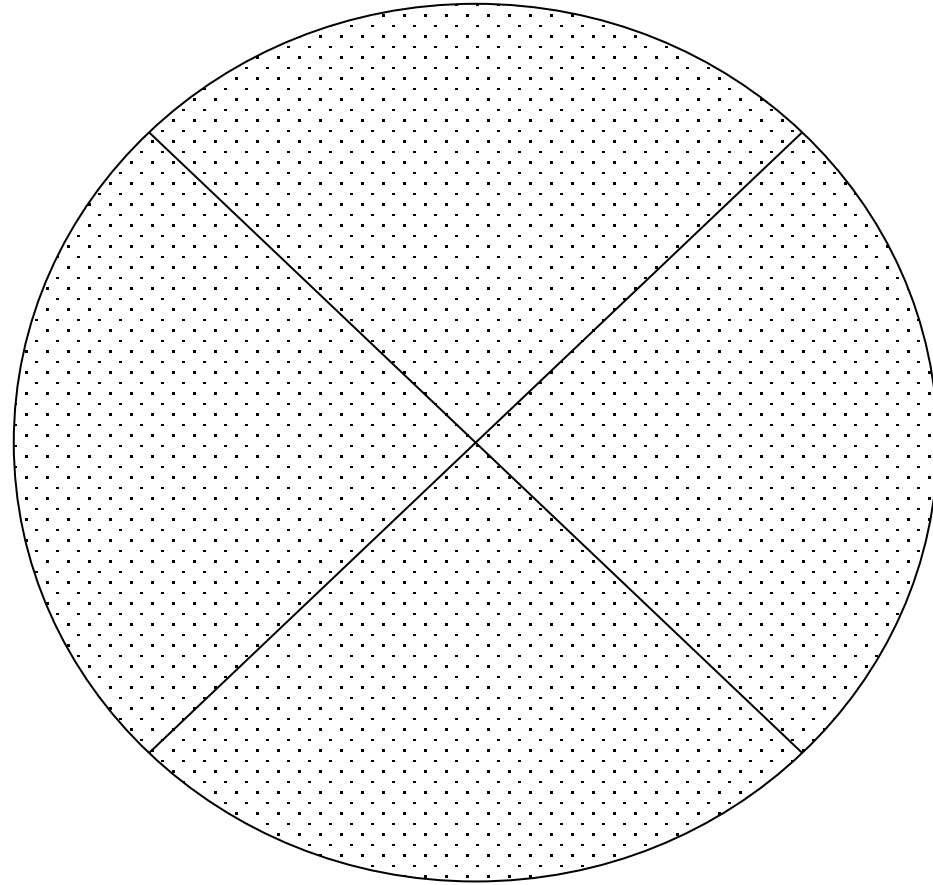
What happened?

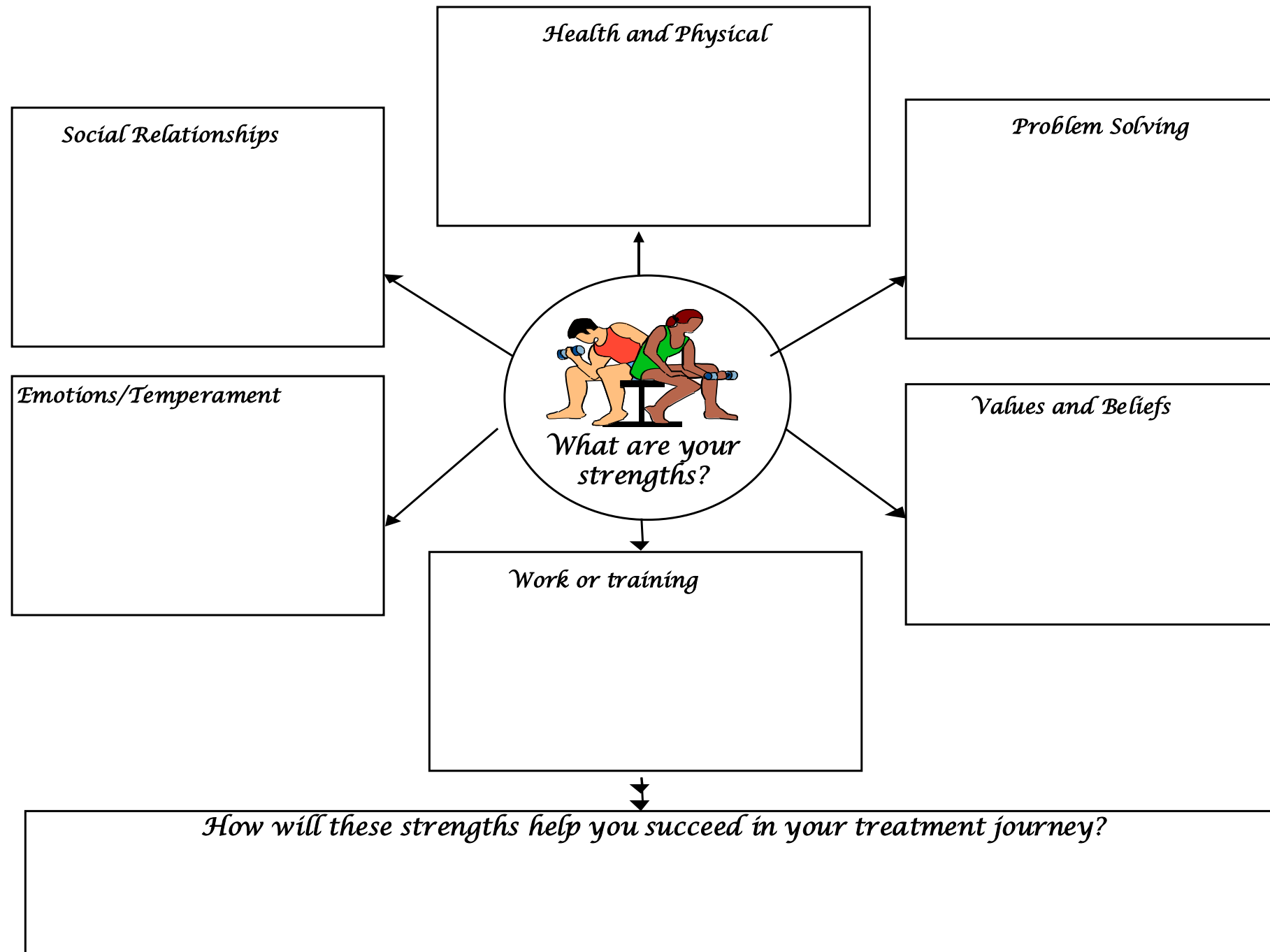
How it happened?

How can you stop it happening again?

Using event
What happened before that?
And before that?
And before that?
And before that?
And before that?
How can I stop this happening again?

Pieces of Pie





Map 2.4 'Goal Getter'

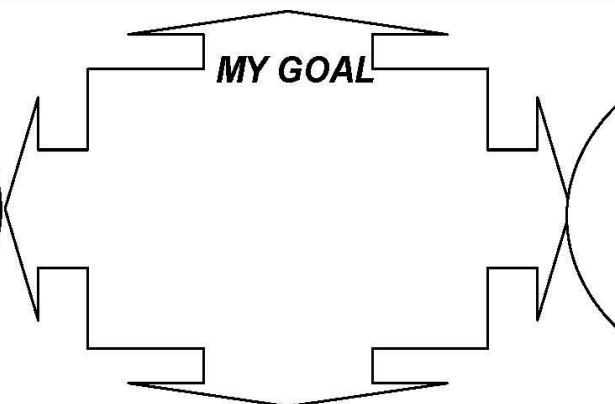
Client:

Keyworker:

Date: __/__/__

Specific Actions	When

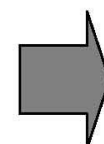
**Helpful people
& useful thoughts**



MY GOAL

**Strengths you
have or need**

Possible Problems

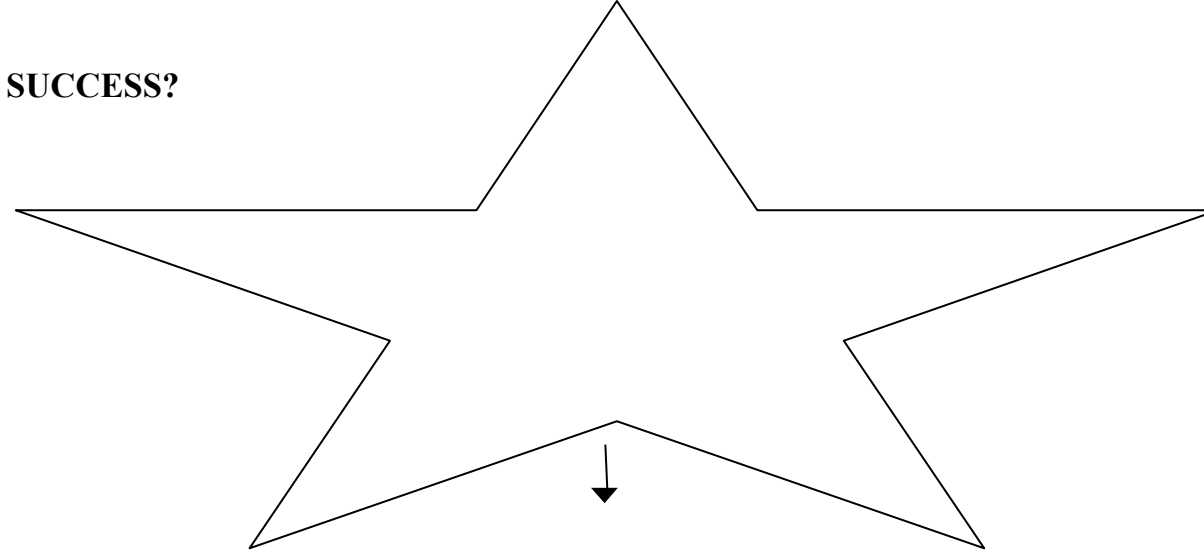


Solutions

How useful was this map and discussion?

Not Useful ~~1-2-3-4-5-6-7-8-9-10~~ Very Useful Comments:

WHAT WAS YOUR SUCCESS?



HOW DID YOU MAKE IT HAPPEN?

Three rectangular boxes are arranged horizontally, each containing a question. Arrows from the text 'HOW DID YOU MAKE IT HAPPEN?' point to the top of each box. The boxes are empty, providing space for a response.

What did you do to make it happen?

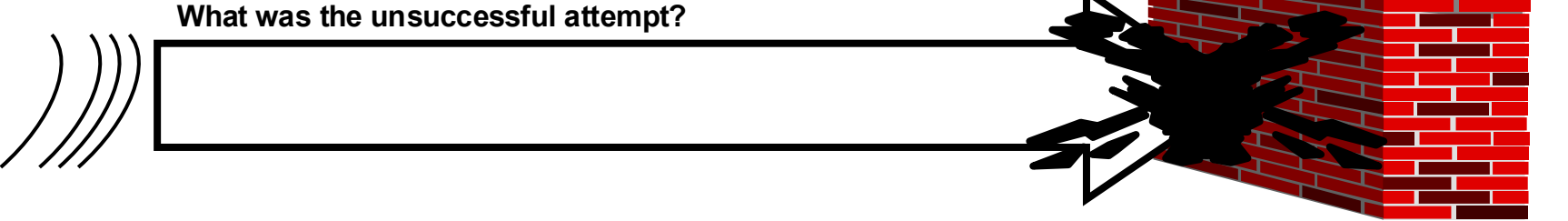
How did you figure out what might work?

What did you learn about yourself?

A single, wide rectangular box is positioned at the bottom of the page. An arrow from the top center of the three boxes above it points down to the top center of this box. The box is empty, providing space for a response.

What needs to happen next?

RUNNING INTO A BRICK WALL



What made it unsuccessful?

Your actions?

Your thoughts?

Describe how this has happened to you before?



What can you do differently next time?



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