WORKSHEET 25 · FOR THE PSYCHOLOGIST

My toolbox

Maintaining progress and planning for difficult times

AIM

At the end of treatment, gather what the person has learnt and what helps them, identify their warning signs and prepare a plan for periods when anxiety returns.

WHO IT IS FOR

End of treatment or when sessions become less frequent.

DURATION

20-30 min in session

HOW TO RUN IT

1. Review the journey: what has changed? What helped most?
2. List the tools that worked (worksheets, exercises, habits) and when to use them.
3. Identify personal warning signs (avoidance returning, disrupted sleep, rumination) and upcoming risk situations.
4. Normalise ups and downs: a harder period is neither a relapse nor a failure.
5. Clarify when and how to get back in touch if needed.

POINTS TO WATCH

> Let the person fill in the worksheet, in their own words: it is their plan. Remember to include emergency resources and check that they know how to contact you again.

REFERENCES

Barlow, D. H., Sauer-Zavala, S., Farchione, T. J. et al. (2018). Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Therapist Guide (2nd ed.). Oxford University Press.

Beck, J. S. (2020). Cognitive Behavior Therapy: Basics and Beyond (3rd ed.). Guilford.

PSYCHOLOGIST'S NOTES

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WORKSHEET 25 · WORKSHEET TO HAND OUT

My toolbox

You have learnt things that help you. Gather them here so you can find them easily if anxiety comes back. A difficult period doesn't erase what you have learnt.

1. What has changed since the beginning: _____
2. My warning signs (what tells me anxiety is taking up space again): _____
3. Upcoming situations that could be difficult: _____
4. If I need help, I contact: _____

My tool	When to use it	What it gives me

What I want to remember at difficult times:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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