

CAT Weekly Rating Sheet for Clients

WEEKLY RATING SHEET FOR CLIENTS

Instructions

During the assessment phase of therapy you and your therapist have identified some patterns of behaviour and feelings, from discussion and your diary, which are now the focus of your sessions together. These patterns have been described already in the writing (and perhaps a diagram) discussed with your therapist.

An important part of the work in this therapy is to develop greater awareness of problematic ways of reacting and behaving in order to experiment with ways of changing. Therefore it is important to observe your thoughts, feelings and behaviour, firstly to recognise these patterns, and secondly to consider ways of revising them.

It is also very helpful to monitor specific problems and difficulties, for example symptoms such as stress related headaches or sleep disturbances. By now you will have identified these with your therapist.

Enclosed with these instructions you will find weekly rating sheets, which will help you keep track of changes in your recognition and revision of your patterns and problems. Please complete one between each therapy session and bring it to the next session to discuss with your therapist.

During this therapy you and your therapist will spend quite a bit of time focussing on things, which have a negative impact upon your life. To redress the balance it is helpful to try to recall something positive that has happened each week, and there is a space at the bottom of the sheet to allow you to jot this down so it will not be forgotten.

It is helpful to keep all your rating sheets, diaries and other written materials provided by your therapist, as these will provide a record of therapy and act as reminders of new ideas and ways forward in the future.

WEEKLY RATING SHEET

Name: _____ Date: _____

Completed Prior to Session: _____

Recognition of Patterns

Write a summary of your patterns in the spaces provided and circle the number, which applies for each pattern.

During the last week:

Pattern 1 _____

I noticed the pattern:

| | | | |
|------------|-----------------|--------------------|----------|
| Not at All | After the Event | During the Pattern | Early On |
| 0 | 1 | 2 | 3 |

Pattern 2 _____

I noticed the pattern:

| | | | |
|------------|-----------------|--------------------|----------|
| Not at All | After the Event | During the Pattern | Early On |
| 0 | 1 | 2 | 3 |

Pattern 3 _____

I noticed the pattern:

| | | | |
|------------|-----------------|--------------------|----------|
| Not at All | After the Event | During the Pattern | Early On |
| 0 | 1 | 2 | 3 |

please turn over...

Revision of Patterns

During the last week:

Pattern 1

I considered alternative(s):

Not at All
0

Thought About
1

Talked About
2

Tried Something
3

Pattern 2

I considered alternative(s):

Not at All
0

Thought About
1

Talked About
2

Tried Something
3

Pattern 3

I considered alternative(s):

Not at All
0

Thought About
1

Talked About
2

Tried Something
3

Problems

Please write a one/two work description of each problem in the space provided and rate the extent to which each one has troubled you this week.

| | Not at all | A little bit | Moder- ately | Quite a bit | Extre- mely |
|------------------|---------------|-----------------|-----------------|----------------|----------------|
| Problem 1. _____ | 0 | 1 | 2 | 3 | 4 |
| Problem 2. _____ | 0 | 1 | 2 | 3 | 4 |
| Problem 3. _____ | 0 | 1 | 2 | 3 | 4 |

A Positive Event

The most positive thing that has happened to me this week has been
