

Creating an Actionable Plan for Therapy Accountability

Instructions: Developing a plan for accountability can help ensure that you actively participate in therapy and make the most out of the experience. Use the table below to outline specific actions you can take to hold yourself accountable to seek, attend, and engage with therapy consistently.

Table: Actionable Plan for Therapy Accountability

Actions	Timeline/Deadlines	Potential Obstacles	Strategies to Overcome Obstacles	Support System
Seek therapy				
Schedule appointments				
Attend therapy sessions				
Prepare for sessions				

Actively participate				
Practice therapy exercises				
Follow through with homework or self-reflection tasks				
Track progress				
Evaluate therapy goals				
Seek additional support if needed				

Reflection Questions:

1. Why is accountability important in therapy? How can it enhance your therapy experience and outcomes?
2. What actions can you take to actively seek therapy? Consider research, reaching out to professionals, or talking to a trusted adult.
3. How often will you schedule therapy appointments? Are there any specific timelines or deadlines you can set for yourself?
4. What potential obstacles or challenges might prevent you from attending therapy sessions or engaging fully? Identify them.
5. What strategies can you develop to overcome these obstacles? Think about solutions, support systems, or coping mechanisms.
6. Who can be a part of your support system to help you stay accountable? List individuals you can rely on for encouragement and assistance.
7. How can you actively participate in therapy? Consider ways to express your thoughts, ask questions, and collaborate with your therapist.
8. What techniques or tools can you use to track your progress? Think about journaling, mood trackers, or goal-setting apps.
9. How will you evaluate your therapy goals and progress? Identify specific moments or intervals for reflection and adjustment.
10. What will you do if you feel the need for additional support beyond therapy? Consider other resources or professionals you can reach out to.

Remember, this plan is tailored to your specific needs and circumstances. It's important to discuss and refine this plan with your therapist or counselor to ensure it aligns with your therapy goals and treatment plan.

Note: This worksheet is not a substitute for professional therapy. If you are facing significant challenges or need assistance, reach out to a mental health professional or a trusted adult for help.