

# Treatment Phase Hopes and Concerns Worksheet

## **PART 1**

Answer the following questions:

- What is/are the greatest hope(s) you have with starting your behavior modification plan?

- What is/are your greatest concern(s) with implementing your behavior modification plan?

You will now share these hopes and concerns as a class. Write a list of what is shared by all.

Greatest Hopes	Greatest Concerns

How does this list compare with what you wrote down?

What psychological construct does this demonstrate (see the discussion in 12.3.1)? Think about what this construct means on a deeper level.

**PART 2** What will you do if your plan does not work as expected? How might you feel?

**PART 3**

Write yourself a few kind, understanding, words of comfort to help you deal with the possibility of failure, even if just a partial failure.

What psychological construct does this demonstrate (Parts 2 and 3; See 12.3.2)? Think about what this construct means on a deeper level.