Symptom Management Worksheet

Step 1: Get the Right Attitude

Write down any thoughts that might be discouraging you to try symptom management. Use your thought-balancing and other skills to rewrite these thoughts.

Unhelpful Thought: _____________________________  New Helpful Thought: _____________________________

______________________________  ______________________________

______________________________  ______________________________

______________________________  ______________________________

______________________________  ______________________________

______________________________  ______________________________

Step 2: Identify the Problem and Think about Your Goals

a. What symptoms (or side effects) do you have that are most troubling?

______________________________  ______________________________

______________________________  ______________________________

______________________________  ______________________________

b. If you could pick only one symptom to change, what would it be?

______________________________  ______________________________

______________________________  ______________________________

______________________________  ______________________________

c. What would be an initial goal for this symptom? List a concrete, specific change you’d like to see. You might need to measure your “baseline” before you can determine how much change you’d like.

______________________________  ______________________________

______________________________  ______________________________

______________________________  ______________________________
Step 3: List Specific Options to Achieve Your Goal

(Be sure to check the symptom management suggestions in this chapter.)

1. 

2. 

3. 

4. 

5. 

6. 

Step 4: Choose the Best Option

Consider the pros and cons, impact on self and others, and probability of success.

Step 5: Implement the Option and Evaluate the Outcome

a. When, where, and how will you try out this new strategy?

b. How will you know if it is working? Think about how you can self-monitor this symptom to see if it changes over time.