

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Session 1 Take-Home Messages

1. Cognitive behavior therapy (CBT) is:
  - i. Goal-directed (I want to achieve specific goals from therapy that will lead to a resolution of my problems)
  - ii. Time-limited (I want to become my own therapist)
  - iii. Collaborative (My active participation in therapy and the feedback I give to the therapist are very, very important!)
  - iv. Creative (With help from the therapist I will discover a path to recovery that fits my particular needs)
  
2. Results come from effort. No effort, no results!

