



Frank Hesketh, MA

Counseling Services for All

Therapeutic Contract

A. The aspects of my life that are not working for me, and that I entered into therapy to change:

B. In order to make those changes, I will do the following in my therapy:

C. In order to support this process, I want from my therapist:

D. I am most likely to undermine the success of my therapy by:

E. In order not to do that, I will:

F. I will know I have accomplished my goal in therapy when I: