Bibliotherapy – A Self Help Worksheet

1. Write down the central issues that are presently operating in your life.

2. Pick one that you would most like to change/address.

3. Look at our bibliotherapy listing and tick a book(s) that might be of some assistance to you.

4. Visit the DCU Library and have a scan read of this book(s).

5. Having decided on which book to read set some time aside to do this.

6. On reading take note of any strategy, approach, information that may helpful in addressing the issue you are contending with.

7. Choose one strategy and or approach that you would like to implement for yourself.

8. Make and write down a simple and realistic plan to provide a structure for yourself to support putting this approach into effect. Set a start date.

9. Monitor and keep a simple daily note of your process as you work on this issue. At the ends of the week review and adjust your plan if required.

10. Approach this work with as much kindness towards yourself as you can, knowing that approaching a difficulty often requires courage.