



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.**