

Date: _____

BRIEF Single-Session Consultation Service — Action Plan —

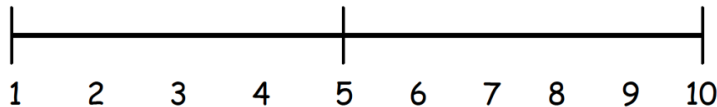
Adapted in September, 2023 by Lauren Haack, PhD (capp.ucsf.edu) to fit a 20-30 minute timeframe from the Expanded Action Plan For Clinician Use during SSC Session by Jessica Schleider, PhD; March 2020

Top reason for seeking support: _____

Top hope for today's consultation: _____

A miracle occurs overnight; while you are sleeping, your reason for seeking services has completely disappeared. When you wake up, how will you know that there has been a miracle? What will you do, think, or feel differently?

On a scale from 1 to 10, with one being the furthest from your miracle/goal and 10 being the closest to your miracle/goal, where are you right now, at this moment?



ONE **step** to getting one point closer to a 10:

1. _____
 - a. **When** can I do this? _____
 - b. **Where** can I do this? _____

Two **people** who can help me take these steps:

1. _____
2. _____

Following action plans can be challenging for anyone. What is it **within you** that might hold you back from taking your three steps? This could be an emotion, a belief, a bad habit, or anything else **within you**.

Take a moment to think if you need it!

Date: _____

So—what is your main **inner obstacle**?

Now: What can you do to overcome your inner obstacle? What would be **one** effective *action* you can take or *thought* you can think to overcome your obstacle?

Name your **action** or **thought** to overcome your inner obstacle:

So, your plan is:

<p>If _____,</p> <p>then I will _____.</p>
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Notes from your provider