



Dragon's Gate Consulting

Coaching Call Worksheet

Date: _____

Time: _____

Specifically, what is the problem that I am experiencing?

I have tried the following things/skills to deal with this problem on my own:

I have talked to the following people about this problem:

Who I talked to	What he/she suggested	What I did

What I want from my therapist:

Phone: 919-886-7792
Fax: 919-286-3986

1213 Carolina Ave
Durham, NC 27705

eric.gadol@gmail.com

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What my therapist suggested	What I did regarding each suggestion

Results:

Please bring this sheet to your next individual therapy session.

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