

Krasner Psychological Center Single-Session Consultation Service — Action Plan —

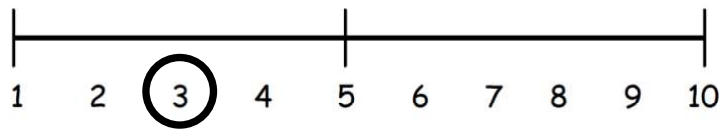
Top reason for seeking services: Recent problems with binge eating and the urge to purge

Top hope for today's consultation: Make a plan to eat breakfast and to have a calm and collected start to the day

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?

I would wake up, wash my face, do my skincare routine, put on make up, get a nice outfit, then I would sit down to make myself food. I would put on a show while I eat. if its a Monday, I would log onto my Orgo, turn my camera on, then I would go to work. I would work during my shift without thinking about food

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?



Three **steps** to getting one point closer to a 10:

1. Text my parents to touch base with them
 - a. **When** can I do this? As soon as I wake up
 - b. **Where** can I do this? In bed
2. Pick out an outfit the night before and setting the alarm at 7:45AM
 - a. **When** can I do this? Right before bed and in the morning
 - b. **Where** can I do this? At home
3. Prepare a healthy breakfast (e.g. oatmeal, breakfast burrito, smoothies, etc.) at night
 - a. **When** can I do this? Every school night
 - b. **Where** can I do this? At the Kitchen table

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

1. Boyfriend
2. Parents

Date: _____

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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!

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

Not being able to prioritize the preparation time at night because I am overwhelmed with school work

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:

Have self-compassion and remind myself that it is not just a breakfast and an outfit I am prioritizing, it is my mental health.

So, your plan is:

If I feel unmotivated because too much is on my plate,
then I will Remind myself that prioritizing my mental health is just as important while being kind to my self

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Notes from your consultation clinician

I just wanted to thank you for showing up to talk with me today. It takes a lot of mental and physical strength to show up, talk about stuff that's difficult, and work toward some solutions. As I mentioned in session I was also really impressed with your level of insight and your determination to make things better for yourself. I have so much confidence that you can make progress toward solving the problems we talked about today, especially by prepping your clothes/food at night and asking your loved ones to keep you on track. Thank you again for working with me today, it was absolutely lovely to have gotten to know you even for a short period of time.