

Pleasure and Mastery Rating Scale

PLEASURE SCALE (P)		MASTERY SCALE (M)	
0	Cleaning house	0	
1	Consciously monitoring what I eat	1	
2	Move Car	2	Consciously monitoring what I eat
3	Cooking	3	
4		4	
5	Water Garden	5	Cooking
6		6	Watching videos on WhatsApp
7	Watching TV	7	Cleaning house, Eating, Watering Garden
8	Watching videos on WhatsApp	8	Receiving calls from family and friends
9	Receiving calls from family and friends	9	Watching TV, Moving Car
10	Sleeping, Eating	10	Sleeping

WEEKLY ACTIVITY CHART

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6-7AM	Watch news P=7 M=9	Sleep P=10 M=10 Breakfast & News P=10 M=10 Watch TV and Snack P=10 M=10 Water Garden P=5 M=7 Watch News P=10 M=10 Dinner P=10 M=7 Watch News & Play Dominoes P=10 M=10	Sleep P=10 M=10 Breakfast P=10 M=7 Bathe P=10 M=10 Cook P=3 M=5 Lunch P=10 M=7 Watch TV P=10 M=10 Water Garden P=5 M=7 Watch News P=10 M=10 Dinner P=10 M=7				
8-9AM	Have breakfast /Watch TV P=10 M=10						
10-11AM	Watch TV and Snack P=10 M=10						
12-1PM	Move Car P=2 M=9						
2PM	Bathe P=10 M=10						
3-4PM	Nap P=10 M=10						
5PM	Water Garden P=5 M=7						
6-7PM	Watch News P=10 M=10						
8PM	Dinner P=10 M=7						
9-11PM	Watch CNN P=10 M=10						

Pleasure: 0-10 / Mastery: 0-10

Process Recording

T: Good morning Jackie. How are you today?

C: I am okay.

T: That is good. What did you do this weekend?

C: I watched tv and sat outside for a few hours

T: That is a great improvement from last time. It is good that you were able to get some fresh air.

T: What would you like to work on or discuss in our session today?

C: I am not sure

T: Would you like to discuss some of the goals that we created during our last session?

C: I guess

T: okay. Last time we spoke about building self-confidence, eating healthier, finding ways to exercise

C: Oh Yes, I remember now. I think I want to work on goals for a healthier life-style

T: That is always a good place to start. What is your big picture goal for a healthier life-style?

C: well there is many. I want to eat healthier, exercise consistently to lose weight.

T: Okay. It seems from what you said the main goal is to lose weight. Is that correct?

C: Yes. I have been struggling with this for many years and it just keeps getting worse.

T: Why do you feel you have continued to gain the weight?

C: I usually start off well for the first two days but then give up.

T: The fact that you were able to do it for the first two days is an accomplishment. Have you ever created a goal or planned out a routine in order to reach your goal of weight loss

C: No.

T: Is that something that you would be interested in working on during this session today?

C: I think I will try because I really need to get this weight off.

T: Okay. When developing goals there is a strategy called S-M-A-R-T goals. It stands for specific, measurable, achievable, realistic, and timely.

C: Wow that seems like a lot.

T: It's nothing to be nervous about. We will take it one step at a time. Maybe today we can work on the 'S'- specific goal.

C: Okay I think I can do that

T: Yes you can. So what is your specific goal? Take as much time as you need to think.

After 15 minutes client responded

C: I guess I want to lose 30 pounds this year.

T: Okay. That is a good start. What do you think you can or should do to lose those thirty pounds?

C: I can walk and try to eat healthy, etc.

T: Yes, exercise and healthy eating will definitely help in this journey.... May be as your homework, you can write down a list of healthy foods that you can incorporate into your diet. Next week we can continue to speak more about making this goal a reality.

C: Sounds good. Maybe I will go walking tomorrow. I will be here next week with my list.

T: Okay. Before we finish is there anything else you would like to discuss now or next time?

C: Not really.

T: Okay. I look forward to seeing you next week with your goal. Have a good week

C: Thank you. See you next week.