Worksheet :
The Thirst is Real, Reducing Anxiety So You Can Focus on the Clients and not Just the Income.

For Clinical Therapists

Purpose:

This worksheet is designed to help therapists reduce anxiety related to their private practice, refocus on clients who bring steady income and joy, and prioritize their emotional well-being.

Section 1: Recognizing Sources of Anxiety

Exercise 1: Identifying Stressors

Take some time to reflect on your private practice. What aspects cause you anxiety?

- Common concerns may include financial stability, client retention, paperwork, marketing, or managing boundaries.

Worksheet Prompt:

1. List the top 3 factors that contribute to your private practice anxiety:
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    -
    -
2. How do these stressors affect your mental and emotional well-being?

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Imagine these stressors are solved or minimized. What would your private practice look like, and how would you feel?

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Section 2: Focusing on Clients That Bring Joy and Steady Income

Exercise 2: Client Inventory

Create an inventory of your current clients. Reflect on each client's impact on your practice. Use the chart below to guide your thoughts:

Client	Brings Steady Income	Brings Joy	Requires High Emotional Energy
Client A	Yes	Yes	No
Client B	No	Yes	Yes
Client C	Yes	No	Yes

After completing the chart, answer:

1. Which clients align most with the vision you have for your private practice?
2. How can you balance your caseload to focus more on clients who bring joy and steady income?

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Reflect on a recent session with a client who brings you joy. What made the experience fulfilling, and how can you attract more clients like them?

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Section 3: Addressing Financial and Professional Anxiety

Exercise 3: Creating a Stability Plan

Write down practical actions to reduce financial stress in private practice:

- Example: Adjust session rates, create packages for steady income, or streamline expenses.

Worksheet Prompt: List 3 actionable steps to improve financial stability:

1.
2.
3.

What specific financial goals would reduce your anxiety? How can you work toward these goals over the next 3-6 months?

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Section 4: Prioritizing Self-Healing

Exercise 4: Reflection on Personal Growth

Reflect on your own healing journey.

1. Are there unresolved emotional wounds or stressors that you've neglected?

2. How might these personal challenges impact your ability to fully enjoy your private practice?

Write down 3 areas of personal healing you want to focus on:

1.
2.
3.

Exercise 5: Planning for Self-Healing

Consider ways to prioritize your emotional health:

- Commit to regular therapy or supervision.
- Schedule time for rest and self-care.
- Incorporate mindfulness or journaling into your daily routine.

List the top 3 practices you will prioritize to care for yourself:

1.
2.
3.

How do you think working on your own healing will enhance the care you provide to your clients?

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Section 5: Sustaining Joy and Purpose in Private Practice

Exercise 6: Identifying Your "Why"

Reflect on your purpose as a therapist.

1. Why did you originally choose this career?
2. What moments in your private practice have reaffirmed your decision?

Write a purpose statement that inspires you to stay centered in joy and fulfillment in your work. Example: *"I became a therapist to empower individuals to find hope and healing, and I practice with compassion and gratitude."*

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What are 3 things you love most about being a therapist? How can you celebrate these aspects in your daily work?

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Recommended Books and Resources

1. *Radical Acceptance* by Tara Brach – A guide to embracing self-compassion and mindfulness.
2. *The Gift of Therapy* by Irvin Yalom – Insights and inspiration for therapists navigating their practice.
3. *Dare to Lead* by Brené Brown – A resource for building courage and connection in professional life.
4. *Private Practice Essentials: Business Tools for Mental Health Professionals* by Holly Hunt – Practical guidance for thriving in private practice.
5. *The Body Keeps the Score* by Bessel van der Kolk – A deep dive into healing from trauma for therapists and clients alike.