



Sounds like things are OK, mostly, but you had a slip last week, and you're worried about layoffs at work. You haven't checked in with CBT4CBT. How come?



Yeah, I've been so busy and the kids are on the internet, and...

...and what?



It's fun, helpful, and I learn a lot, but it's hard to find time.

OK. Good to hear it's helpful! Let's problem solve time. Where and how are you using the program?



On my phone in my car before work. I tried to do it at night, but the kids keep coming in. I like the videos and stuff. It gets me thinking. It's just the time.



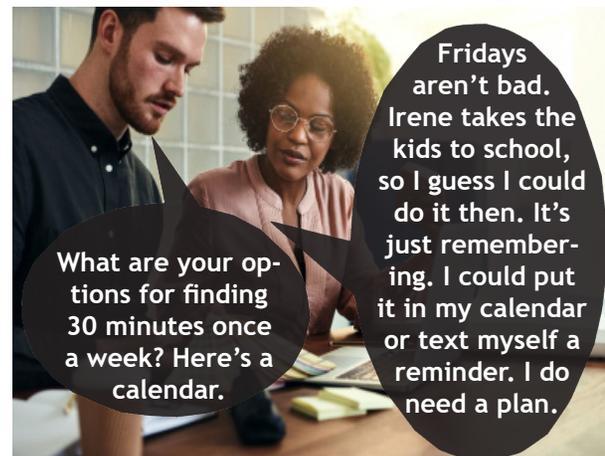
You have a lot going on. Is there a time you get 30 minutes to yourself?

Not really. Lunch breaks during the week; weekends are nuts. At night, I'm so tired.



OK. But you've carved out an hour a week to come here and see me right?

Yeah, but that's scheduled! Wednesday at 4:00. Plus, you call with a reminder, so it makes it hard for me NOT to come after I've committed!



What are your options for finding 30 minutes once a week? Here's a calendar.

Fridays aren't bad. Irene takes the kids to school, so I guess I could do it then. It's just remembering. I could put it in my calendar or text myself a reminder. I do need a plan.



Yes. Let me put that in my phone. This is a good plan. Thank you. I have to make time to work on myself. I can make this CBT4CBT program work.