

= THERAPIST WORKSHEET =  
POSITIVE ATTRIBUTIONS

**DIRECTIONS:**

The following list reflects some of the ways in which your gay client has experienced or navigated life until now, including paralysis, anxiety, rigidity, loneliness, alienation, and invisibility. This exercise will help you clarify the type of defenses your client has honed over his lifetime and, more importantly, how to guide him toward updating the ways in which he navigates his life.

Taking into account the vocabulary of your client, create a list of positive experiences or attributes that you will help him achieve to allow him to move beyond the parameters of his earlier defenses.

- 1.
- 2.
- 3.

What types of interventions will you use to help him reach these goals?  
Why do you expect these particular approaches to be beneficial to him?

- 1.
- 2.
- 3.

How will you and he know that he has shifted his original position or gained more appropriate tools?

- 1.
- 2.
- 3.