

Session Reflection Journal

A polished worksheet for preparing for therapy, noticing patterns, and carrying insight into the days between appointments.

Before your session

You do not need to arrive perfectly prepared. A few notes can simply make it easier to speak from what is most alive for you.

Use these prompts before a session:

- What has felt heaviest this week?
- What conversation, memory, or situation has stayed with me?
- What do I most need from this session: support, clarity, strategy, reflection, or regulation?

After your session

Take a few minutes to notice what stood out while the conversation is still fresh.

- One insight I want to remember is...
- One feeling that became clearer is...
- One small practice I want to carry into this week is...

Patterns worth noticing

Over time, look for themes. Which situations increase stress? Which people or places help you feel more settled? Which parts of your week leave you depleted or more resourced?

Weekly integration

- Write one sentence about what felt meaningful this week.
- Write one sentence about what felt unfinished.
- Choose one practical next step that feels realistic rather than idealized.

A gentle reminder

Therapy progress is rarely dramatic every week. Often it looks like steadier choices, clearer language, and more compassion toward yourself over time.

Use these guides as gentle support between sessions. They are not a substitute for emergency or crisis care.