

Name:

Date:

Personal change is a process. Taking time between sessions to think and write down what helps is an important part in the journey towards personal growth.

Specific insights I have gotten from my last therapy session:

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Specific skills I learned in therapy:

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Did you practice the skills learned in therapy? How did it go?

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Has anything been bothering me about something that was said or done in the last session?

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Other things that I tried and have helped me or not (e.g. people, activities, quotes, events, etc.):

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