

Post-Therapy Notes

Progress in therapy requires that we make small changes in our lives on a daily basis. People are generally more likely to accomplish this by writing down their thoughts and insights after each therapy session.

Session Summary

*What did you end up talking about?
What were the main themes and concepts?*

Things to Remember

*Were there any important key points
that you feel are important?*

Tough Stuff

*What did you find difficult to
talk or think about?*

For Next Time

*What specifically do you want to focus on
at your next appointment?*