Bring This to Therapy

A between-session reflection sheet to help you discuss preferences, changes, and support needs.

GENTLE REMINDER

You control what you share. Leave identifying details out of any online form. Keep this completed sheet private if it contains personal health information.

A small thing that felt manageable this week

No progress is too small; “nothing comes to mind” is okay.

A moment I noticed a change

This might be a change in attention, comfort, tension, or choice.

A skill or activity that did not feel helpful

This is useful feedback, not a failure.

Something I would like more support with

You do not need to describe traumatic details.

One question I would like to ask in session

A question about symptoms, pacing, boundaries, or coping strategies.

Educational self-reflection only; not psychotherapy, diagnosis, or crisis support. Stop or skip any exercise.

Conceptual reference: Levine, P. A. (2010). In an Unspoken Voice. North Atlantic Books; Psychotherapy Networker, Levine master class (2018).

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