PRACTICAL RESOURCE

Between Sessions Reflection

A simple way to collect useful observations without turning therapy into homework.

A light-touch reflection
You do not need to analyse yourself between sessions. This sheet is simply a place to catch useful observations so you do not have to remember them all.

Since the last session, what have I noticed?

Was anything even slightly different?

A different reaction, a moment of more choice, a situation that felt easier, or simply noticing the pattern sooner all count.

Where did the old pattern show up?

What seemed to trigger it?

What did I do that helped - even a little?

What did I learn about myself?

What do I want to bring to the next session?

No homework police
You are not being marked. If nothing changed, you forgot to use a technique, or the week was simply difficult, that is still useful information to bring into therapy.