

The background of the entire cover is a repeating pattern of stylized, dark blue leaves on a light beige background. The leaves are scattered across the top and bottom sections, while the middle section is a solid dark blue band.

BETWEEN SESSIONS

Structured reflection for growth between sessions

Clarity → Choice → Change

NICOLE WATSON, LPC

A Guided Therapy Integration Journal

BETWEEN SESSIONS

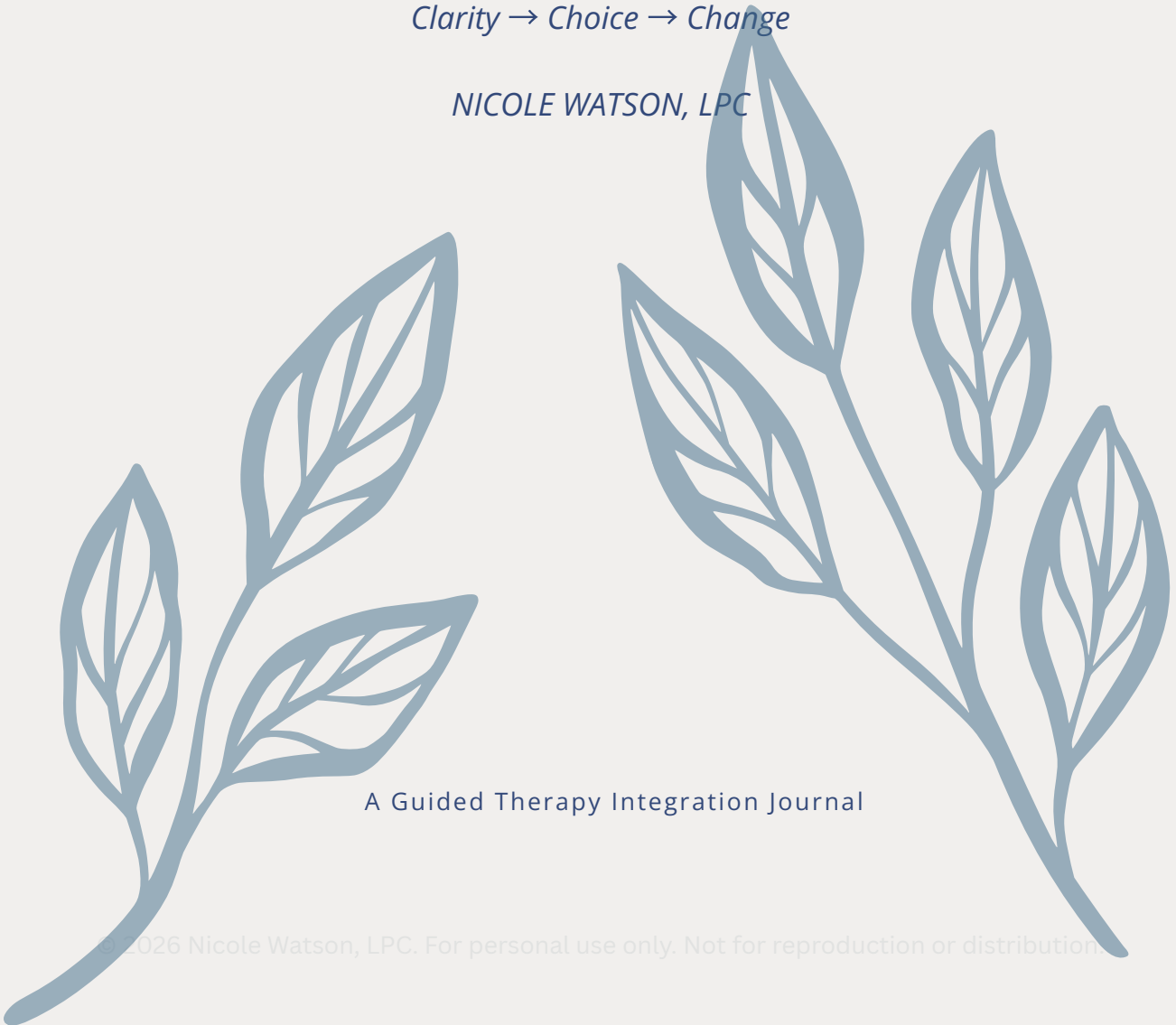
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Welcome

If you are holding this journal, it likely means you are doing something courageous: choosing to understand yourself more deeply and live with greater intention.

Therapy does not change your life in the 50 minutes you spend in a session. *Real change* happens in the hours, days, and moments that *follow* — when insights are tested in real situations, patterns become visible, and new responses are practiced.

This journal was created to support that process.

It is designed to help you:

- Prepare for sessions so your time is meaningful
- Capture insights before they fade
- Track patterns across time
- Practice new ways of responding
- Integrate emotional, relational, and spiritual growth into daily life

You do not need to use every page perfectly. There is no “right way” to heal.

Use what helps. Skip what doesn't. Return whenever you need support or clarity.

If you are working with a therapist, this journal can deepen that work. If you are not, it can still serve as a structured space for reflection and self-understanding.

Let this be a place of honesty, compassion, and steady progress — not pressure.

Growth rarely happens through dramatic breakthroughs alone. More often, it unfolds through small, repeated moments of awareness and choice.

You are allowed to move at your own pace.

How to Use This Journal

This journal is designed to be flexible and supportive, not rigid or time-bound. There is no required order, schedule, or expectation that you complete every page.

You can use it in whatever way best fits your life and needs. Some people write regularly, while others use it only during challenging moments or before therapy sessions.

You might choose to use these pages:

- Before a therapy session to clarify what you want to discuss
- After a session to capture insights and next steps
- During stressful or overwhelming periods
- When making an important decision
- To track patterns over time
- Whenever you need a structured space to think and reflect

You may complete pages in sequence or skip around. You may write extensively or only a few words. Both are valid.

If you are working with a therapist, you may choose to share parts of what you write, but this journal is primarily for your own reflection.

There is no concept of “falling behind.” Your growth is not measured by how often you write, but by your willingness to return when it feels helpful.

Use this journal as a tool — not a task.

*If you are using this late at night or during a difficult moment, remember that **clarity does not require urgency**. Write what you can, set the rest aside, and allow yourself to rest.

When Additional Support Is Needed

This journal is designed to support reflection and personal growth, but it is not a substitute for professional care or emergency services.

If you are experiencing intense distress, thoughts of harming yourself or others, or feel unable to keep yourself safe, please reach out for immediate support.

You do not have to handle this alone.

United States resources:

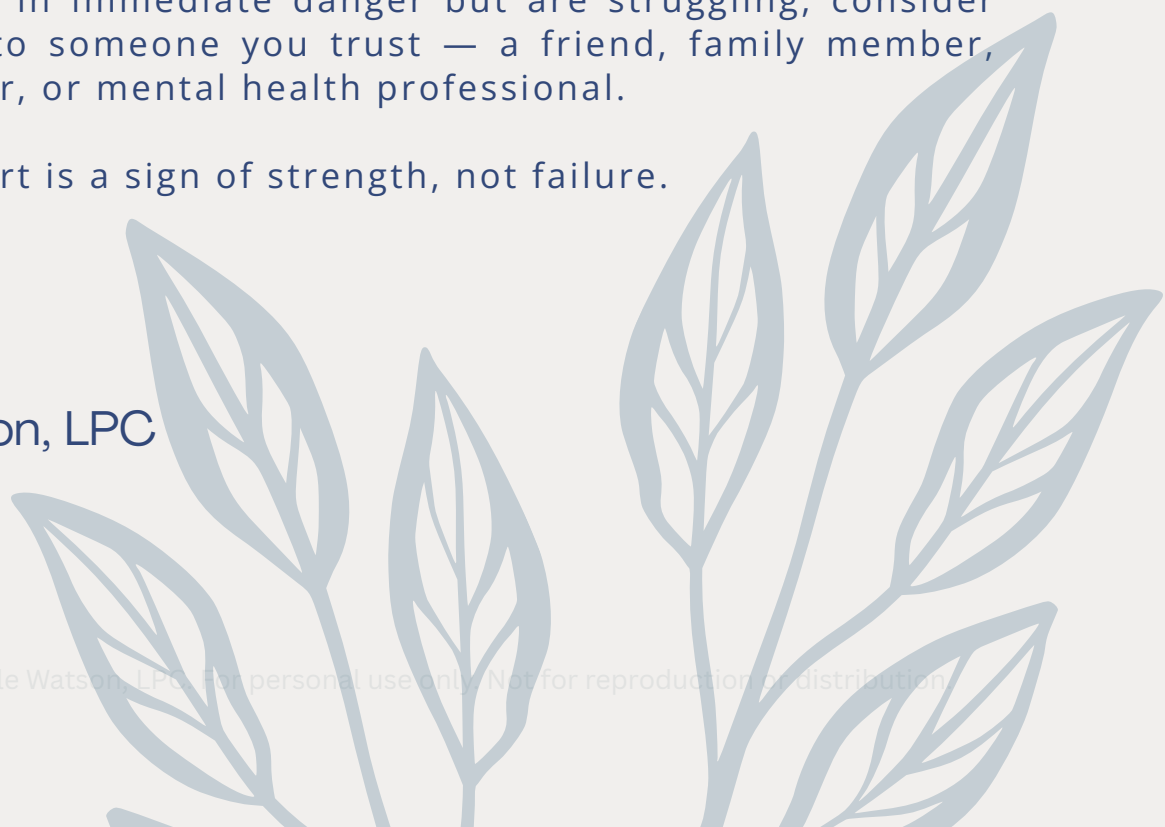
- Call or text 988 — Suicide & Crisis Lifeline (24/7)
- Call 911 or go to the nearest emergency room if you are in immediate danger
- Contact your therapist or healthcare provider if you have one

If you are outside the United States, please contact local emergency services or a crisis support line in your area.

If you are not in immediate danger but are struggling, consider reaching out to someone you trust — a friend, family member, spiritual leader, or mental health professional.

Seeking support is a sign of strength, not failure.

Nicole Watson, LPC





Start Here

Part 1 — Preparing for Therapy

Session Preparation Pages

Self Check-In

- **What feels most important right now?**

- **What has been weighing on me this week?**



Part 1 — Preparing for Therapy

Session Preparation Pages

Self Check-In

- What has gone well?

- What am I avoiding?

Part 1 — Preparing for Therapy

Session Preparation Pages

Self Check-In

- **Current stress level (1–10)**
- **Current mood words**
- **Physical state (sleep, energy, tension)**

Part 2 — During Session

Key Insights

- **What stood out?**
- **What felt uncomfortable but important?**

Part 2 — During Session

Key Insights

- **Patterns I noticed**

- **New perspectives**

- **Emotional shifts during session**

Brain Dump

(write whatever needs to come out)

[illegible]

Part 3 — After Session Integration

This is where insights begin to turn into change.

- **What surprised me today?**

- **What am I still processing?**

Part 3 — After Session Integration

This is where insights begin to turn into change.

- **What feels hopeful?**

- **What feels hard?**

- **One small step I can take in the next 48 hours**

Part 4 — Between Sessions Tracking

Weekly Reflection Pages

Emotional Processing

What am I feeling right now? What might be underneath those feelings?

What thoughts keep repeating? What assumptions might I be making?

Part 4 — Between Sessions Tracking

Weekly Reflection Pages

Body / Stress Awareness

What signals is my body giving me?

What does my body need right now?

Part 4 — Between Sessions Tracking

Weekly Reflection Pages

With Clarity Comes Confidence

What feels clearer now?

What matters most moving forward?

Part 4 — Between Sessions Tracking

Weekly Reflection Pages

Small Next Steps

What is one small step I can take?

What support might help?

Brain Dump

(write whatever needs to come out)

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the page.

Before You Close This Journal

If you completed even one page, you have already done something meaningful. Taking time to pause, reflect, and put your thoughts into words can bring clarity and relief, especially during difficult moments.

You do not need to solve everything today. Growth often happens through small, honest steps repeated over time.

If you are feeling calmer now, consider allowing yourself to rest. If you still feel unsettled, you can return to these pages whenever you need a structured space to think, process, or reconnect with what matters.

These starter pages offer a glimpse of the reflection process inside the full *Between Sessions* journal.

If this resource felt helpful, the full version of *Between Sessions* expands on these tools with additional reflection cycles, values work, pattern tracking, and support for long-term change.

You can learn more or join the waitlist here:

👉 nlwcounseling.com/between-sessions

Whether or not you continue, remember that clarity grows when you give yourself permission to slow down and listen honestly to your own experience.

For the work that happens quietly — and changes everything.

Nicole Watson, LPC
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