



Between-Session Reflection Log

An explainer and weekly log to bring to therapy · Created by Simar Gill Lowther, MACP, RP (CRPO)
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At a glance

- Most of life happens between therapy sessions, and that's where change takes root.
- Noticing patterns during the week helps you and your therapist focus on what matters.
- Research shows that between-session practice is linked with better therapy outcomes.

Why reflect between sessions

It can be hard to remember the details of a week when you sit down in session. A short reflection log helps you capture moments, feelings, and insights as they happen. It also helps you notice progress, which is easy to miss.

How to use this log

- Spend 5–10 minutes at the end of a few days each week.
- Write in any language and in any style: bullet points are fine.
- Bring it to your next session, or share highlights with your therapist.
- There's no "right" way to fill it in.

What the research says

A meta-analysis found that completing between-session activities ("homework") is associated with better outcomes in cognitive and behavioural therapies (Kazantzis, Whittington & Dattilio, 2010).

Self-monitoring of thoughts, feelings, and behaviours is a core tool in many evidence-based therapies.

Tool: My Weekly Reflection Log

Day	A moment that stood out	What I felt and thought	What I did / what helped
Mon			
Tue			

Day	A moment that stood out	What I felt and thought	What I did / what helped
Wed			
Thu			
Fri			
Sat			
Sun			

End-of-week reflection

Something I noticed about myself this week:

A skill or idea from therapy I tried:

Something that was hard:

Something I'm proud of, however small:

What I want to talk about in my next session:

Strategies to try

- **Keep it short.** A few lines is enough.
- **Be curious, not critical.** Notice patterns without judging yourself.
- **Track small wins.** Progress often shows up in small moments.
- **Bring questions.** Note anything you want to understand better.

Strategies you may not have heard of

These less common, evidence-informed techniques go beyond the usual advice. Try one at a time and notice what works for you.

- **Keep a wins jar.** Write small wins on slips of paper and add them to a jar. Bring a few to session.
- **Rate one thing daily.** Pick a single measure, like mood, anxiety, or connection, and rate it 0–10 each day to track change.
- **Do a weekly pattern hunt.** At the end of the week, look for repeating people, places, times, or thoughts.
- **Log by voice.** Record a one-minute voice note at the end of the day instead of writing.

Journal prompts

Take your time with these. Write freely; there are no right answers.

What has changed since I started therapy?

What patterns keep showing up in my life?

What do I want to get out of my next few sessions?

How am I being kind to myself through this process?

When to reach out for support

Already working with one of our therapists? Bring this log to your next session. Not yet in therapy? Book a free consultation to get started.

Insightful Journey Inc. offers therapy in person in Oshawa and virtually across Ontario, in English, Hindi, Punjabi, and Urdu. Direct billing available.

[Book a free consultation](#) · 647-982-2527 (call, text, or WhatsApp)

In crisis? Call or text 9-8-8, or call 911.

This resource is for education and self-reflection. It is not a diagnostic tool and is not a substitute for professional assessment or care.

References

Kazantzis, N., Whittington, C., & Dattilio, F. (2010). Meta-analysis of homework effects in cognitive and behavioral therapy: A replication and extension. *Clinical Psychology: Science and Practice*, 17(2), 144–156.

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