

Thoughts for Counseling . . .

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Space to list things that have been gone well or that you have been grateful for since the last time we spoke. Some clients might note a time a time that they were able to regulate themselves, set a boundary, felt grateful for something, or used a coping skill that was helpful. Anything you write is okay. And if you can't find something, that's okay too!

Space to list things that happened this week that you want help with and want to work on in your next therapy session. This might be a time where you were overcome with emotions, had conflict with someone, made a decision that you regretted later, or was unable to find motivation. Remember, our sessions are a no-judgement zone.
