

THE THERAPY JOURNAL

Notes to Self



WHAT STOOD OUT FOR YOU IN TODAY'S SESSION?



WHICH IDEA/ IDEAS WOULD YOU LIKE TO REMEMBER FROM TODAY'S SESSION?



HOW MIGHT THIS IDEA CHANGE HOW YOU THINK ABOUT YOURSELF?



HOW DOES THIS IDEA CHANGE THE WAY YOU FEEL ABOUT YOURSELF?

HOW MIGHT THIS IDEA CHANGE WHAT YOU DO OR HOW YOU DO THINGS?



WHAT IS COMING TO YOUR MIND NOW THAT YOU WOULD LIKE TO DISCUSS AT THE NEXT SESSION?