

Preparing for Your Next Session

A private reflection page for current clients who want help deciding what to bring into the next conversation.

Since the last session

A change, win, insight, or moment I want to remember:

A challenge, pattern, or strong emotion that stood out:

What feels most important now

If we could focus on one thing, I would choose:

Something I have been hesitant or unsure about discussing:

Questions and next steps

Questions I want to ask or skills I want to practice:

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