

## Therapy Journal

Session Date: \_\_\_\_\_

Therapy began today with my sharing some thoughts and feelings about \_\_\_\_\_

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Some **INSIGHTS** I had during therapy are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Some **EMOTIONS** I had during or after therapy are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Some things I am **CURIOUS** to understand more about myself include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Some **GOALS** I have after this session include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A **PLAN** I have to move toward those goals includes:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Something I don't want to forget before next session is: \_\_\_\_\_

\_\_\_\_\_

To **COPE** and **GROUND** through difficult feelings and insights, I will:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

To maintain **SELF-CARE** this week, I will

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_