

THERAPY SESSION REFLECTION

MY TAKEAWAYS FROM TODAY'S SESSION:

WHAT DO I WANT TO HOLD ONTO AS MY
CONTINUED LEARNING FROM TODAY?

WHAT THEME(S) SHOWED UP TODAY?

WHAT METAPHOR, PHRASE, WORD OR IMAGERY FROM
TODAY'S SESSION CAN I USE AS A RESOURCE?

TOOL OR STRATEGY I DISCOVERED TODAY:

IDEAS FOR WHAT I WANT TO EXPLORE NEXT SESSION:

Reflection Therapy

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