

# Session Preparation

To get the most out of your next session, I suggest you take a few minutes to complete this form and fax or e-mail it to me the day before we meet.

[catydc@sbcglobal.net](mailto:catydc@sbcglobal.net)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

What I have accomplished since our last session: my successes or victories:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What I didn't get done but want to be held accountable for:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Challenges I am facing right now:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What I am appreciative of or grateful/thankful for:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What I want to get out of the next session:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What is working well with my therapy:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What is not working well with my therapy:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Remember to bring completed worksheet to your next appointment.

