

After Session Journal Prompts

1. What were the key takeaways from this session?
2. What changed for me today as a result of this session (perspectives, emotional state, thoughts, beliefs)?
3. What action do I need to take this week to move forward?
4. What resistance do I feel regarding that action, (I don't *really* want to, I'm not sure I can, etc.)?
5. Is there anything specific I want to discuss with my therapist or coach next week about this session? Or what do I want to work on in my next session?