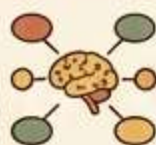


BEFORE YOUR THERAPY SESSION

What has been taking up the most space in my mind since my last session?





What happened this week that I keep replaying, even if it seems small?



What emotion have I noticed most often lately, and when does it usually show up?



Is there something I want to tell my therapist but keep finding reasons not to mention?



If I could leave today's session understanding one thing better, what would it be?



