

POST THERAPY JOURNAL PROMPTS



11. What part of today's session has stayed with me the longest?

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12. What did I feel during the session that I didn't fully understand at the time?



13. Was there anything my therapist said that I resisted, disagreed with, or immediately wanted to dismiss?



14. What did I understand differently about myself after today's conversation?



15. What do I want to remember or bring back up at my next session?

