

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

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

# Session Reflection



Read the prompts below and respond by filling each space provided with reflections from your last session.

3 things that went well since the last session:

1.

2.

3.

3 coping skills you used since the last session:

1.

2.

3.

3 things we are still working on:

1.

2.

3.

Goals for next session: