

Session Preparation Worksheet

1. Before your next session, identify what you are working on. Be specific. Focus on what you want to change for yourself, rather than how you want someone else to change.

2. Take some time to think about what you have practiced and/or tried since your last session. Focus on your own experience, and how it involved someone else.

3. Thinking about the above, describe what worked.

4. Now describe what didn't work so well.

5. Think about what didn't work so well for you. Describe how you feel that happened.

6. As you think about it, how do you think you might do things differently? (Hint: this may involve internal and/or transactional skills introduced in therapy or learned from elsewhere.)

Please bring this completed worksheet to your next appointment.