Notes between counseling sessions

Record daily experiences and what you want to discuss next.
This is not a test of progress. Use the sections that fit your needs.

Written on: _____ Next appointment: _____

1. What stayed with me from our last meeting

Words, ideas or points I want to ask about again.

2. A moment from daily life

What happened, and the thoughts, feelings and actions I noticed.

3. Changes and ongoing difficulties

It is also fine to record no change or uncertainty.

4. What I tried and what got in the way

If we agreed an exercise, what I tried and the conditions around it.

5. Questions for our next meeting

An unfinished conversation or an adjustment I want to discuss.

A CareOps personal note. If safety is at risk, seek help before finishing a worksheet.

Between-session reference: NHS · Cognitive behavioural therapy
https://www.nhs.uk/tests-and-treatments/cognitive-behavioural-therapy-cbt/

Share blank copies with the CareOps credit and original link.
https://maeumi.app/topics/counseling-preparation