

Between Sessions

A bridge from one session to the next

Much of the change in therapy happens in the days between appointments. This page helps you carry today's work into your week; page two helps you bring the week back with you.

NAME _____ THIS SESSION _____ NEXT SESSION _____

01 Stepping stones One stone for each day until we meet

Today's session ONE WORD ☐ Day 1 ONE WORD ☐ Day 2 ONE WORD ☐ Day 3 ONE WORD ☐ Day 4 ONE WORD ☐ Day 5 ONE WORD ☐ Day 6 ONE WORD ☐ Day 7 ONE WORD ☐ Next session

Each day, fill the stone to show how manageable the day felt ☐ ☐ ☐ ☐ none · some · half · all · add one word · tick ☐ if you practised

02 The thread What you are carrying out of today

The one thing I'm taking from today, in my own words...

Why it matters to me...

A sentence I want to remember when things get hard...

Where I'll keep it phone, fridge, notebook...

03 This week's small experiment Try it, then compare with what you expected

BEFORE

I will try...

When and where...

What I predict will happen...

How sure am I of that prediction?

0%
20
40
60
80
100%

AFTER

What actually happened...

What I learned, about myself or the situation...

A next small step...

04 Moments worth bringing back Jot them down while they are fresh

WHEN day, time	WHAT HAPPENED the situation	WHAT I FELT emotion & body	WHAT I DID or wanted to do	NEXT TIME I might try...