

# Therapy Report

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## WORKSHEET

1. What did we cover today that's important to you to remember?
2. How much did you feel you could trust your therapist today?
3. Was there anything that bothered you about therapy today? If so, what was it?
4. How much of the Action Plan had you done for therapy today?
5. How likely are you to do the new Action Plan?
6. What do you want to make sure to cover at the next session?