Name: Date:

Part A (to be completely shortly after therapy session):

1) What stands out to you about our last session? Thoughts, feelings, insights?

2) On a 10 point scale, how would you rate the following items a) to d)?

 Not at all A little bit Moderate Substantial Very Substantial

1. 2 3 4 5 6 7 8 9 10
2. Helpfulness/effectiveness of session: \_\_\_\_

What was helpful?

What was not helpful?

b) How connected you felt to your therapist: \_\_\_\_

c) How engaged/involved you felt with the topics being discussed: \_\_\_\_

d) How present you were in the session: \_\_\_\_

3) What would have made the session more helpful or a better experience? Anything you are reluctant to say or ask for?

4) What issues came up for you in the session/with your therapist that are similar to your daily life problems?

5) What risks did you take in the session/with your therapist or what progress did you make that can translate into your outside life?

Part B (to be completed just prior to next therapy session):

6) What were the high and low points of your week?

7) What items, issues, challenges or positive changes do you want to put on the agenda for our next session?

8) How open were you in answering the above questions # 1 through #7 (0-100%)?

9) Anything else you’d like to add?