

Session Reflection

CLIENT INITIALS

SESSION TIME

CLIENT'S MOs TODAY

DATA INPUTTED ☐ Y ☐ N ☐ N/A

NOTE COMPLETED ☐ ☐ ☐

TIMESTAMP CONVERTED ☐ ☐ ☐

SUPERVISION TODAY? ☐ Y ☐ N

SUPERVISION TIME N/A ☐

QUESTIONS 4 SUPERVISOR

IDEAS / THINGS TO TRY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

CHALLENGES TODAY

JOYFUL MOMENT(S)
DURING SESSION

FEELING

angry
confused
happy
stressed
sad
frustrated
optimistic
scared
pessimistic
joyous
content
proud
inspired
elevated
worried
competent

I'M PROUD OF MYSELF 4

REINFORCMENT 4 SELF