



Feedback Loop: How Therapy Is Going for Me



What's Been Working for Me

Something that's helped me in therapy is...

EXAMPLE: A skill we practiced, a type of conversation, a topic we explored, a way you've supported me, etc.



What I'd Like to Try or Focus On

Something I wish we could try or focus on is...

EXAMPLE: A topic I'm not sure how to bring up, a new way of working together, something I've been thinking about a lot lately



When I Feel Most Supported

I feel most supported when...

EXAMPLE: When I feel heard, when there's no pressure, when I'm challenged kindly, when I can just be myself
