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# THERAPY JOURNAL

THE JOURNAL FOR WRITING DOWN YOUR  
THOUGHTS, FEELINGS, AND REFLECTIONS BEFORE,  
DURING, AND AFTER YOUR SESSIONS.

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# MOOD TRACKER JOURNAL

This therapy journal is a great way to get the most out of your therapy and every single session.

It is a space for you to write down your thoughts, feelings, and reflections before, during, and after your sessions.

It is a place where you can track your progress, set goals and explore anything that comes up for you in between sessions.

## HERE'S WHAT YOU'LL FIND INSIDE:

- HOW TO GET THE MOST OUT OF THERAPY
- THE MOST COMMON TYPES OF THERAPY
- A CHECKLIST TO FIND A THERAPIST THAT'S RIGHT FOR YOU.
- DEFINE YOUR OVERALL THERAPY GOALS
- SESSION PREP FOR 25 SESSIONS
- SPACE TO TAKE NOTES DURING YOUR SESSIONS (25 PAGES)
- SESSION REFLECTIONS FOR 25 SESSIONS
- 50 JOURNAL PROMPTS FOR ADDITIONAL SELF-REFLECTION

TAKE SOME TIME TO FILL OUT THIS JOURNAL BEFORE YOUR NEXT THERAPY SESSION! IT WILL HELP YOU GET THE MOST OUT OF YOUR TIME AND MAKE PROGRESS TOWARD YOUR GOALS.

# TIPS FOR GETTING THE MOST OUT OF THERAPY:

Therapy can be an incredibly valuable tool, but it's important to remember that it's not a magic cure-all. Here are a few tips to help you get the most out of your therapy experience:

## 1. BE OPEN AND HONEST

THE KEY TO A SUCCESSFUL THERAPY EXPERIENCE IS BEING OPEN AND HONEST WITH YOUR THERAPIST. IT'S IMPORTANT TO SHARE BOTH YOUR POSITIVE AND NEGATIVE EXPERIENCES, AS WELL AS ANY FEARS OR CONCERNS YOU HAVE.

## 2. SET GOALS

BEFORE STARTING THERAPY, IT CAN BE HELPFUL TO SIT DOWN AND IDENTIFY WHAT YOUR GOALS ARE. THIS WILL HELP YOU AND YOUR THERAPIST FOCUS ON THE AREAS THAT ARE MOST IMPORTANT TO YOU.

## 3. BE PATIENT

IT'S IMPORTANT TO REMEMBER THAT CHANGE TAKES TIME, SO IT'S IMPORTANT TO BE PATIENT WITH YOURSELF AND YOUR THERAPIST. THERAPY IS A JOURNEY, NOT A QUICK FIX.

## 4. SEEK SUPPORT

IN ADDITION TO SEEING A THERAPIST, IT'S ALSO IMPORTANT TO SEEK OUT SUPPORT FROM FRIENDS AND FAMILY MEMBERS. THESE PEOPLE CAN PROVIDE AN ADDITIONAL LEVEL OF SUPPORT AND UNDERSTANDING.

## 5. TAKE CARE OF YOURSELF

REMEMBER THAT THERAPY IS ONLY ONE PART OF TAKING CARE OF YOURSELF - IT'S ALSO IMPORTANT TO FOCUS ON YOUR PHYSICAL HEALTH, EAT A HEALTHY DIET, AND GET REGULAR EXERCISE. THESE THINGS WILL HELP YOU FEEL YOUR BEST AND BE IN A BETTER PLACE TO WORK ON YOUR MENTAL HEALTH.

## 6. USE A THERAPY JOURNAL LIKE THIS ONE

A GREAT WAY TO TRACK YOUR PROGRESS IN THERAPY, AND TO KEEP ALL OF YOUR THOUGHTS AND EXPERIENCES IN ONE PLACE, IS TO USE A THERAPY JOURNAL. THIS CAN BE AN INCREDIBLY VALUABLE TOOL IN UNDERSTANDING YOUR OWN MENTAL HEALTH JOURNEY.

## 7. FIND THE RIGHT THERAPIST FOR YOU

IT'S IMPORTANT TO FIND A THERAPIST THAT YOU FEEL COMFORTABLE WITH, AND WHO YOU FEEL IS A GOOD FIT FOR YOU. IF YOU DON'T CLICK WITH YOUR FIRST THERAPIST, DON'T BE AFRAID TO TRY SOMEONE ELSE. PLEASE FIND MORE TIPS ON THAT IN THE FOLLOWING SECTION.

## 8. BE PREPARED TO WORK

THERAPY CAN BE HARD WORK, BUT IT'S WORTH IT. BE PREPARED TO PUT IN THE EFFORT AND YOU'LL SEE THE RESULTS.

## 9. TRUST YOUR THERAPIST

YOUR THERAPIST IS THERE TO HELP YOU, SO IT'S IMPORTANT TO TRUST THEIR EXPERTISE AND EXPERIENCE. IF YOU HAVE ANY QUESTIONS OR CONCERNS, BE SURE TO DISCUSS THEM OPENLY.

## 10. TAKE WHAT YOU NEED AND LEAVE THE REST

NOT EVERY THERAPY TECHNIQUE WILL WORK FOR EVERY PERSON, SO IT'S IMPORTANT TO TAKE WHAT YOU NEED FROM THERAPY AND LEAVE THE REST. TRUST YOUR INSTINCTS AND GO WITH WHAT FEELS RIGHT FOR YOU.

## 11. REMEMBER, YOU ARE IN CONTROL

YOU ARE ULTIMATELY IN CONTROL OF YOUR THERAPY EXPERIENCE, SO IT'S IMPORTANT TO KNOW YOUR RIGHTS AND BOUNDARIES. IF YOU EVER FEEL UNCOMFORTABLE OR UNSAFE, BE SURE TO SPEAK UP.



## SETTING GOALS FOR THERAPY

The first step in therapy is to define your goals. Once you have a clear idea of your goals and a therapist that's a good fit to help you, you can begin to develop a plan for reaching them.

What are you hoping to achieve?

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What are your expectations?

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What would success look like?

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Summarize your 3 main goals for your therapy

My #1 goal is:
My #2 goal is:
My #3 goal is:

## GOAL UPDATES

(Make notes on if/how your goals change during therapy)

My #1 goal is:

Goal #2 notes:

Goal #3 notes:



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NOTES

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What are your main goals for therapy?

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What has been most difficult for you lately?

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What are your thoughts and feelings about therapy?

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## SESSION PREP WORK QUESTIONS

What do you think might be causing your current difficulties?

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What are your thoughts and feelings about the people and things involved in your current situation?

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## POST SESSION

What did you talk about in therapy today?

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What did you learn about yourself?

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What were your therapist's comments or suggestions?

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## POST SESSION

Do you have any homework from therapy today?

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What are your thoughts on what you talked about in therapy today?

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How do you feel about therapy today?

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## POST SESSION

Is there still something bothering you that you didn't get to talk about?

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What do you need to work on between therapy sessions?

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How can you take good care of yourself until your next therapy session?

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## SESSION PREP WORK QUESTIONS

What are your main goals for therapy?

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What has been most difficult for you lately?

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What are your thoughts and feelings about therapy?

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## SESSION PREP WORK QUESTIONS

Are there any particular topics or areas you would like to focus on in therapy?

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Have you ever experienced anything like this before? If so, what helped you manage it?

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ADDITIONAL  
SELF-REFLECTION  
JOURNAL PROMPTS



































































































