

Your Space to Reflect

A gentle bridge between sessions. Fill in as much or as little as you like — blank spaces are fine.

Nothing here has to be tidy.

Week starting _____

Area	My notes
How I've felt this week	
What's been on my mind	
Small things that helped	
What I want to bring to our session	
One thing I'm noticing	

Anything else

Use this however you want. It does not have to connect to the boxes above.

“You do not have to arrive with it all worked out.”

Space to be you.

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For personal reflection. Not a substitute for therapy or medical care, and not monitored. If you are in distress, contact your GP, call 111, or call the Samaritans free on 116 123, at any hour.