



*SESSION TO SESSION*

# A GUIDED THERAPY JOURNAL



WANDIECO CREATIONS



# THERAPY

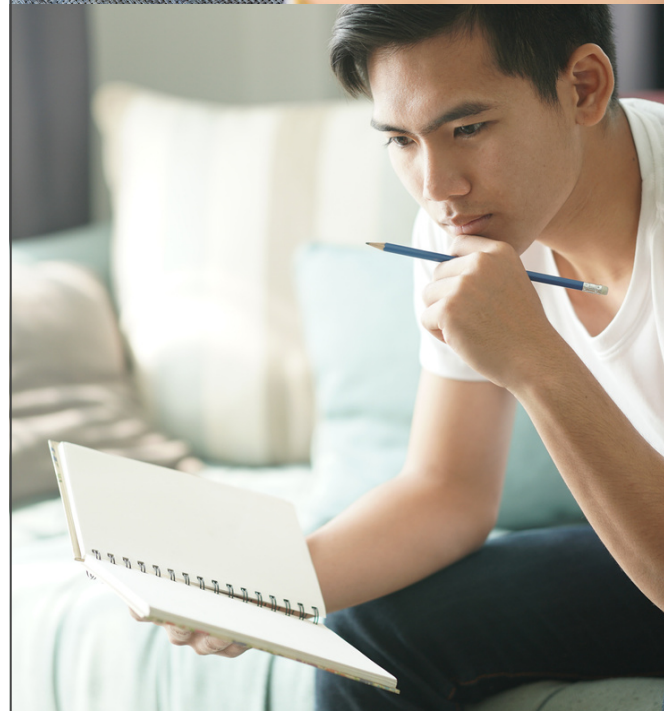
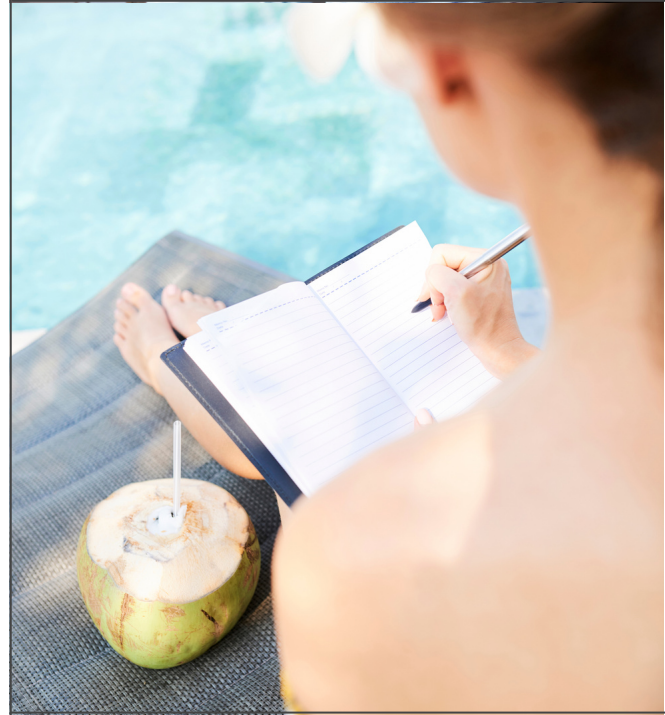
# JOURNAL PROMPTS

SEEKING THERAPY IS A BIG STEP IN YOUR SELF-CARE AND HEALING. WHEN SEEKING THERAPY, YOU MAY KNOW EXACTLY WHAT IS WRONG BUT OFTENTIMES YOU JUST KNOW SOMETHING IS NOT RIGHT. IT MAY BE HARD TO OPEN UP TO A THERAPIST AND IT MAY BE DIFFICULT TO EXPRESS OR PUT INTO WORDS YOUR GOAL(S).

THERAPY IS NOT A PASSIVE ENDEAVOR, IN WHICH YOU ARE BEING SERVICED OR "FIXED," BUT RATHER A VERY ACTIVE, AND COLLABORATIVE WORKING RELATIONSHIP WITH YOUR THERAPIST TO GET YOU TO WHERE YOU WANT TO BE. THE WORKING RELATIONSHIP IS ALSO KNOWN AS A THERAPEUTIC ALLIANCE AND IT SHOULD BE ONE WITH A PURPOSE.

A LARGE PART OF THERAPY ACTUALLY OCCURS OUTSIDE OF SESSION. THIS TOOL AIMS TO HELP YOU MAXIMIZE YOUR TIME OUTSIDE OF SESSION SO YOU CAN MAKE THE MOST OF YOUR SESSIONS AND YOUR THERAPEUTIC JOURNEY. WHETHER YOU'RE NEW TO THERAPY OR ARE ALREADY IN THERAPY, THESE THERAPY JOURNAL PAGES WILL HOPEFULLY SERVE AS AN INVALUABLE TOOL TO BRING STRUCTURE AND FOCUS TO YOUR THERAPY SESSIONS.

ESTABLISHING GOALS OR AREAS OF FOCUS IS A GOOD PLACE TO START. DOING SO WILL BRING STRUCTURE AND FOCUS TO YOUR THERAPY SESSIONS. IF YOU HAVE TROUBLE PUTTING WHAT YOU WANT INTO WORDS, YOUR THERAPIST SHOULD BE ABLE TO HELP YOU CLARIFY YOUR GOAL(S) OR AREAS OF FOCUS.



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# HOW TO USE THE PAGES

REPEAT STEPS 1-4 EACH WEEK YOU ARE IN THERAPY

## STEP ONE

### REFLECT ON YOUR WEEK

SET ASIDE A FEW MINUTES (5-15 MINS) A DAY TO PROCESS YOUR THOUGHTS, FEELINGS AND EVENTS OF THE WEEK TO SELECT THE MOST SALIENT THINGS YOU MAY WANT TO DISCUSS IN THERAPY.

## STEP TWO

### INTENTIONALLY PREPARE FOR YOUR SESSION

THERAPY CAN SOMETIMES FEEL LIKE BUILDING A PLANE WHILE FLYING IT. OFTEN PATIENTS RUSH TO SESSION, EXASPERATED & THE THERAPY COUCH CAN BECOME A RESPITE FROM A BUSY & CHAOTIC LIFE.

TO GET THE MOST OUT OF SESSIONS, SET ASIDE SOME TIME (5-15 MINS) THE DAY OF YOUR SESSION TO INTENTIONALLY PREPARE.

## STEP THREE

### ENGAGE IN YOUR SESSION IN REAL TIME

BY WRITING DOWN NOTES, INSIGHTS AND TAKEAWAYS AS THEY ARE HAPPENING. THESE MAY BE THINGS YOU WANT TO REFLECT ON OR ACT UPON AFTER YOUR SESSION.

## STEP FOUR

### REFLECT AND PROCESS YOUR SESSION

RIGHT AFTER OR SHORTLY THEREAFTER ON THE SAME DAY. POST SESSION LIFE IS STILL HAPPENING AND IT IS EASY TO RUSH BACK INTO IT. HOWEVER, SET ASIDE TIME (5-15 MINS) TO PROCESS YOUR THOUGHTS, FEELINGS AND PLAN ACTIONS YOU WANT TO TAKE TO MOVE YOU CLOSER TO YOUR GOAL(S).

### **PRO S TIP:**

#### SAVE YOUR MONEY!

DOWNLOAD & SAVE THIS FILE & USE IT AS A GUIDE

BUY A BLANK JOURNAL AND SIMPLY COPY THE PROMPTS

USE 1 TO 2 PGS FOR YOUR INITIAL OVERALL GOALS

FOR EACH SESSION, YOU'LL NEED TO REPEAT THE FOLLOWING 4 PAGES:

1 BETWEEN-SESSION: NOTES TO SELF

2 PRE-SESSION: BE INTENTIONAL

3 IN-SESSION: BE ENGAGED

4 POST-SESSION: PROCESS & REFLECT

\*\* GET A JOURNAL WITH A LEAST 125 PAGES. THIS IS ALLOWS FOR UP TO 6 MONTHS OF SESSIONS OR 26 SESSIONS, PLUS SPACE FOR YOUR INITIAL GOALS, OR ANY OTHER NOTES YOU WOULD LIKE \*\*



THE WEEK LEADING UP TO YOUR SESSION, USE SPACE BELOW CAPTURE THOUGHTS, FEELINGS & EMOTIONS THAT YOU MAY WANT TO DISCUSS. USE THE FEELINGS WHEEL TO FIND WAYS TO EXPRESS YOURSELF.

____DAY	____DAY

____DAY	____DAY

____DAY	____DAY

"JOURNALING IS LIKE WHISPERING TO ONE'S SELF AND LISTENING AT THE SAME TIME." MINA MURRAY



# SMART GOALS

WHEN SETTING GOALS, THINK ABOUT WHAT BRINGS YOU INTO THERAPY & THE CHANGE YOU WANT.

FOLLOWS THE SMART STRUCTURE WHEN SETTING GOALS.

S	M	A	R	T
<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	<u>MEASURABLE</u> HOW WILL I MEASURE PROGRESS?	<u>ACHIEVABLE</u> WHAT STEPS ARE NEEDED TO ATTAIN MY GOAL?	<u>RELEVANT</u> WHY IS THIS IMPORTANT TO ME?	<u>TIME BOUND</u> HOW MUCH TIME WILL BE NEEDED TO ATTAIN MY GOAL?

## GOAL 1

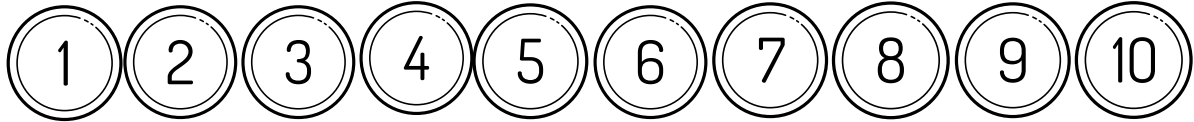

## GOAL 2


## GOAL 3




THE NIGHT BEFORE OR THE DAY OF YOUR SESSION REVIEW YOUR FEELINGS, GOALS, AND THOUGHTS FROM THE WEEK PRIOR. DETERMINE YOUR SESSION PRIORITIES AND PICK A FEW TOPICS OF FOCUS ON IN SESSION.

HOW ARE YOU FEELING RIGHT NOW?



AWFUL

OK

AWESOME

TOPIC 1

TOPIC 2

TOPIC 3

"JOURNAL WRITING IS A VOYAGE TO THE INTERIOR."  
- CHRISTINA BALDWIN



**MY SESSION NOTES**

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**HIGHLIGHTS & TAKE AWAYS**

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**ACTION ITEMS / HOMEWORK**

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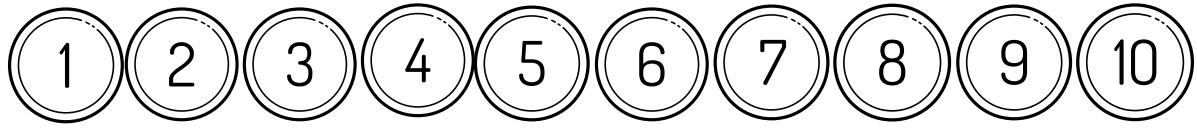
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HOW ARE YOU FEELING RIGHT NOW?



NO CHANGE

OK

MUCH BETTER

REFLECTING ON YOUR SESSIONN, BELOW CAPTURE ANYTHING YOU LEARNED, NEW IDEAS, INSIGHTS OR NEW THOUGHTS & FEELINGS. USE THE FEELINGS WHEEL TO FIND WAYS TO YOURSELF.

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**THIS WEEK, HOW WILL YOU INCORPORATE INSIGHTS?**

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**HOW WILL YOU PRACTICE SELF-CARE THIS WEEK?**

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# FEELINGS WHEEL

THE FEELINGS WHEEL IS A GREAT TOOL THAT HELPS YOU BETTER IDENTIFY & VERBALIZE YOUR THE EMOTIONS YOU ARE FEELING IN THE MOMENT

