

PRE-SESSION QUESTIONS

Name of client: _____

Date therapy started: _____ Date homework/task was assigned: _____

The questions below are designed to help you monitor your progress and prepare for the upcoming session. Your answers will also assist the therapist in determining how you are progressing through treatment.

Homework/task assigned	Completed?	If yes, describe how you feel after completing the task	If no, describe the challenges or resistance you experienced	Comments
	Y N			
	Y N			
	Y N			

What changes have you made in your life since the last session?

List the issues and events you would like to discuss.
