

THE
BETWEEN
SESSIONS
JOURNAL

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APPLY YOUR INSIGHT
TO CREATE LASTING CHANGE

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INTRODUCTION

Therapy, counseling, or coaching can make a profound difference in your life. When you are in a session, you can feel the safety of having a trusting relationship with a professional that is different than any other relationship in your life. You can talk about feelings or thoughts that you never shared before. You can gain insight into your behavior and your choices and find a new direction for your life.

Reflecting on your therapy sessions can give you additional insight into yourself and the past, present, and future. And that's how you can use this journal. Within 24 hours of every session, fill out the 2-page session review, thinking about what you said, what you felt, what you learned, and even the things you forgot to say.

The next two pages will give you an opportunity to explore your thoughts and feelings in ways which may not have been covered in your session. There is a great deal of research that shows this type of journaling can be extremely effective in working toward your goals.

You'll also notice there is a place to rate the progress you are making each day, and a place to rate your daily mood.

We hope this journal helps you in your journey to self-growth, allowing you to live a happy and meaningful life.

Sincerely,

Lawrence E. Shapiro, Ph.D.
President, Between Sessions Resources

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THOUGHTS FOR THE NEXT SESSION

(fill in anytime)

“We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.”

— Frederick Keonig, Inventor

Write down ten things you are grateful for in your life. Start each sentence with, “I am so thankful for...” and write down why you're thankful for it. For example, “I am so thankful for my bed because I have a comfortable place to rest every night.”

Rate Your Daily Progress in Dealing With Your Life:

1 = No progress, and 10 = Amazing progress

M ____ T ____ W ____ TH ____ FRI ____ SA ____ SUN ____

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“I could not, at any age, be content to take my place by the fireside and simply look on. Life was meant to be lived. Curiosity must be kept alive. One must never, for whatever reason, turn its back on life.”

— Elenor Roosevelt, Former First Lady of the United States

What is an area you are curious about or would like to learn more about? Is there something fun you could you do to help stir your curiosity?

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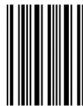
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