



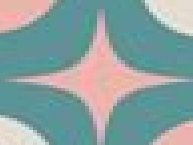
Reflections

After Your Therapy Session



What were the most significant insights or takeaways from today's session?

How do I feel now compared to before the session, and why do I think that is?



What actions or coping strategies did my therapist recommend, and how can I begin implementing them in my daily life?

Are there any additional questions or concerns that emerged after the session, which I may want to address in the next session?

MELODY WRIGHT, LMFT

After Therapy What

RC Schank



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