

## SESSION REVIEW

*Fill in these two pages within 24 hours of the session.*

*Date of Session:* \_\_\_\_\_

The focus of the session:

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The most Important things we talked about:

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My feelings (expressed and unexpressed):

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The hardest part of the session:

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Things I meant to say, but didn't:

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Behaviors I want to change:

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Techniques I want to try:

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My homework assignment(s):

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