THERAPY LOG

Session number	Session date
Session summary	
Unfinished business from the session	
Things that bothered me about the session	
Things that bothered he about the session	
Homework assignment(s)	
Events of the week that I should tell my therapist about next session	
A service of the serv	
Other topics for next session's agenda	
Things I'm reluctant to tell my therapist	
Date of next session	