

Preparing for a Therapy Session
(from the Beck Institute, 1996)

1. What problem do I want to work on today?
2. How have I been feeling this week compared to other weeks?
3. What happened this week that my therapist should know about?
4. What did we cover during the last session?
5. Anything that bothered me about last session? Any unfinished business?
6. Anything I'm reluctant to tell my therapist?
7. What did I do for homework?