

Group Session Reflection & Progress Tracker

Client Name: __ Date: __ Session #: __

Section 1: Establishing the Container

Before we begin, center yourself in our shared space. Check each box to reaffirm our group agreement:

- [] **The Vegas Rule:** I commit to keeping everything shared here strictly confidential.
- [] **Step Up, Step Back:** I will monitor my participation to ensure everyone has space to speak.
- [] **Non-Judgmental Curiosity:** I will replace "Why?" with "I'm curious about..."
- [] **No "Fixing":** I will share my experience rather than giving unsolicited advice.

Section 2: Shared Discovery (Universality & Altruism)

Functional Medicine is a team sport. Use this section to track insights gained from your peers.

The "Me Too" Moment	What a peer shared that resonated with my journey:
Insight 1	
Insight 2	

Altruism Check: Did I offer support or share an experience today that helped someone else?

[] Yes / [] No / [] I held space through active listening.

Section 3: My Change Talk (DARN-CAT)

Reflect on your health goals for this week using the Motivational Interviewing framework.

- **Desire:** What do I wish was different about my health/energy right now? _____
- **Ability:** What is one small step I know I can successfully take this week?

- **Reasons:** Why is it vital for me to get this specific symptom/issue under control?

- **Need:** On a scale of 1-10, how important is making this change today? _

Section 4: Participation Reflection

How did I show up in the "Psychological Container" today? - [] I "Stepped Up" (Shared my voice even if I felt hesitant). - [] I "Stepped Back" (Practiced active listening to allow others space). - [] I remained in the "Mastery Zone" (Focused on science-backed application).

One thing I learned about my physiology or habits today:

Next Steps:

My primary focus before our next group meeting is:

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