

Between-Sessions Reflection Card

Simple Observation Practice • 3 Questions

CLIENT RESOURCE

Purpose: This card helps you notice what's happening between conversations or sessions. Not journaling, not deep processing — just simple observation. Three questions.

✓ **This IS:**

- Simple observation
- Quick notes
- Neutral noticing
- 1-2 minutes max

✗ **This is NOT:**

- Deep emotional processing
- Long journaling
- Analysis or interpretation
- Something to do "perfectly"



Between-Sessions Reflection

Date: _____

1 **What did I notice since last time?**

2 **What felt supportive?**

3 **What felt challenging?**

Tips for Using This Card

- Fill it out 1-2 times between sessions/conversations
- Keep it short — a few words or one sentence is enough
- There are no "right" answers
- Noticing "nothing" is also valid information
- Bring it with you to your next session if helpful

Print Multiple Copies

We recommend printing several copies of this card to use between sessions.