First name initial _____ Today's date_____

For next appointment

1. What did we talk about last session that was important?
   What did you learn (1-3 sentences)?

2. Was there anything that bothered you about our last session?
   Anything you are reluctant to say?

3. What was your week like? What has your mood been like, compared to other weeks? (1-3 sentences)

4. Did anything happen this week that is important to discuss?
   (1-3 sentences)

5. What problems do you want to put on the agenda? (1-3 sentences)

6. What homework did you or didn't you do? What did you learn?