What I want to bring to my next session

Fill this in the day before. It helps the hour go to what matters most to you, and not only to what happened that morning.

The moment from this week I most want to talk about:

Something I tried since last time, and how it went:

Something I have been avoiding saying:

A question I want to ask:

One thing I want to leave the session with:

Shared for comfort and reflection by women who have been there. Not therapy, counselling or medical advice. In crisis? Call 911, or the Naseeha Helpline at 1-866-627-3342, any hour.