

1. Reflections on Today's Session

- What stood out to you most during today's session?
- Did anything feel particularly helpful or challenging?
- Were there any emotions, thoughts, or insights that surprised you?

2. Personal Progress & Patterns

- Have you noticed any changes in your thoughts, behaviours, or feelings since starting therapy?
- Are there recurring themes or patterns you've become aware of?
- What feels different (or the same) compared to previous sessions?

3. Driving Therapy Insights (*if applicable*)

- How did today's driving experience relate to your emotional or psychological state?
- Were there moments of confidence, anxiety, or self-awareness while driving?
- Did any metaphors or reflections emerge during the drive?

4. Goals & Intentions

- What would you like to focus on in the next session?
- Are there specific goals or areas you'd like to explore further?
- Is there anything you'd like to share or revisit?

5. Feedback for Your Therapist

- What aspects of the session or approach felt supportive?
- Is there anything you'd like done differently?
- Any suggestions or preferences for future sessions?

Optional Creative Space Feel free to draw, doodle, or write freely below. This space is yours to express anything that doesn't fit into words or boxes.