



Talking
therapies



Session Bridging Sheet

Client Reference:

Session Number:

Date:

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

Was there anything that bothered you about our last session? Anything you were reluctant to say?

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

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

What homework did you do/didn't you do? What did you learn?