Weekly review

A short review of your week, to fill in before each session.

Name _____ Date _____

My mood this week overall

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Very low — Very good

What went well this week, even slightly

What was hard

What I practised, and what I noticed

The main thing I want to use the next session for

Anything else I want my therapist to know

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This handout supports your therapy. It does not replace professional advice.