



THERAPY BRIDGING SHEET

Helping you stay connected between session

- **Session Reflections**

>What stood out from the last session;

>One thing I learnt or found most helpful;

>Anything I found unhelpful, upsetting or would like to change next session;

- **Thoughts and Feelings this week**

>An unhelpful thought or negative thought I have noticed;

>A difficult emotion I have experienced;

>Did you notice the trigger(s);

- **What I'd like to explore next session**

>A question I have;

>Something I struggled with;

>Something that came up as a result of processing last session (EMDR specific);

- **Self Care Check-in**

>One thing I did to take care of myself this week;

>What helped me feel grounded or care;

- **Any other comments or reflections;**
