

**CBTS**  
**Cognitive Behavioral Therapy Services**

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**1) What problem would I like to work on today?**

**2) How have I been feeling this week compared to other weeks**

**3) What happened this week that my therapist should know about?**

**4) What did we cover last session?**

**5) Anything that bothered me about last session? Any unfinished business?**

**6) Anything I'm reluctant to tell my therapist?**

**7) What did I do for homework?**