

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?