

## Session Bridging Worksheet

**Name:**

**Date:**

1. What stands out to you about our last session? Thoughts, feelings, insights?
2. On a 10 point scale, how would you rate the helpfulness or effectiveness of our last session? (1=not at all helpful/effective, 5=average, 10=extremely helpful/effective)
3. What was helpful? What would have made the session more helpful or a better experience?
4. Was there anything that bothered you? Anything you are reluctant to say?
5. What was your week like? How would you rate your mood on a 10-point scale? (1=extremely low, 5=neutral, 10=extremely high)  
Mode (the most predominant rating) =  
Range (lowest and highest) =
6. What items, issues, challenges or positive changes do you want to put on the agenda for our next session?
7. What work, or conscious steps did you take or consider taking this week? Did you discover anything?
8. How open were you in answering the above questions (0-100%)?
9. Anything else you'd like to add?