



Session Bridging Sheet

Name: _____ Session date: _____

Please answer these questions in 1-3 sentences:

Answer questions 1 and 2 shortly after the session and review the answers on the day before the new session:

1) What did we talk about or do last session that was important to you in some way? What did you learn that is helpful and that you want to remember?

2) Was there anything about the last session that remained unclear or that you are unsure about? Is there anything that bothered you in some way?

Answer questions 3-5 one day before the new session. Remember to also review your answers to questions 1 and 2.

3) How was the time since our last session like? Did anything happen that you would like to put on the agenda for the new session?

4) Are there any other problems or questions you would like to put on the agenda for the new session?

5) What homework did or didn't you do? What were the difficulties you may have had with it? What did you learn from it?