

Session Debrief

Printable worksheet · two minutes after your session · interactive version at
omnipsyche.org/homework/session-debrief



Parking lot, bus stop, before you start the car. Capture what landed, what you agreed to practice, and one line worth keeping before the drive home erases it.

Name (optional)

Date / session #

Do this within an hour of the session if you can. New insight decays fastest in the first hours.

WHAT HAPPENED

1 What landed? What clicked, stung, or surprised you?

The sentence that hit sideways, the connection you had not seen, the moment the room went quiet. Rough is fine.

2 Compared to walking in, how do you feel walking out?

Not every good session feels good; some of the best ones are heavy. This just tracks the pattern.

1	2	3	4	5	6	7	8	9	10
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Heavier

Lighter

3 What did you agree to practice or try before next time?

Be concrete enough that Thursday-you knows exactly what to do. If nothing was assigned, pick one small thing from today's topic.

THE BRIDGE

4 **Was there anything you disagreed with, resisted, or did not get to say?**

Not a complaint file—next session’s best material. Skip if nothing.

5 **One sentence to carry into the week.**

If you could keep only one line from today, what is it? Put it where you will see it: lock screen, sticky note, wallet.

KEEP IT ALIVE

Put the takeaway line somewhere you will trip over it mid-week. The practice line is where the change actually happens— give it a time if it needs one. If you wrote friction above, put it at the top of your next Session Prep.

Next time: Session Prep at omnipsyche.org/homework/session-prep before you walk in again.

Michael C. Shedrick, M.S., PLPC, NCC. This exercise is for educational and informational purposes only. It is not therapy, not a substitute for professional diagnosis or treatment, and completing it does not create a counselor-client relationship. If it was assigned by your treatment provider, bring it to them. If you are in crisis, call or text 988 (Suicide and Crisis Lifeline). Free mental health education and tools: omnipsyche.org