

Session Prep

Printable worksheet · five minutes before your session · interactive version at
omnipsyche.org/homework/session-prep



Answer the prompts below and walk in with a one-page brief: what happened, what to bring up first, and the thing you almost do not want to say.

Name (optional)

Date / session #

Glance at this in the waiting room. You are not performing a report—you are starting already warmed up.

THE WEEK

1 Since last session, what actually happened?

Not a diary—just the headlines: events, conversations, changes, anything that moved you up or down.

2 Overall, where has your mood been this week?

Gut answer. Tracking week to week shows patterns a single session cannot.

1	2	3	4	5	6	7	8	9	10
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Rough

Really good

3 And your sleep?

Sleep drives mood more than almost anything.

1	2	3	4	5	6	7	8	9	10
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Barely slept

Slept well

THE WEEK (CONTINUED)

4 **What went even slightly better than usual?**

A hard conversation you did not avoid, one good morning, a craving you rode out. Small counts.

THE REAL MATERIAL

5 **Where did you get stuck this week?**

The moment you would replay if you could. Specific beats general: “Tuesday night after the call” beats “anxiety.”

6 **What do you almost not want to bring up?**

The thing you are tempted to save for “some other session” is nearly always the thing the session is for.

7 **If you had homework or something to practice, how did it go?**

Done, half-done, or untouched—all useful. If it did not happen, jot your best guess why. (Skip if none.)

TODAY'S SESSION

8 **What do you want from today’s session? (Pick up to two.)**

Telling your clinician which mode you need saves them guessing.

- ☐ Help me understand something
- ☐ Help me make a decision or a plan
- ☐ Teach me a skill for a specific situation
- ☐ I mostly need to be heard today
- ☐ Check my progress and adjust course
- ☐ Something happened; I need to process it

9 **Write your opening line. When they ask how you are doing, say this first.**

One sentence that skips the warm-up. “Before anything else, I want to talk about...”

After the session: close the loop with Session Debrief at omnipsyche.org/homework/session-debrief (about two minutes).

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