

the

THERAPY JOURNAL

THE JOURNAL FOR WRITING DOWN YOUR
THOUGHTS, FEELINGS, AND REFLECTIONS BEFORE,
DURING, AND AFTER YOUR SESSIONS.

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a journal from
ALTLIFE.COMMUNITY

THE THERAPY JOURNAL

This therapy journal is a great way to get the most out of your therapy and every single session.

It is a space for you to write down your thoughts, feelings, and reflections before, during, and after your sessions.

It is a place where you can track your progress, set goals and explore anything that comes up for you in between sessions.

HERE'S WHAT YOU'LL FIND INSIDE:

- HOW TO GET THE MOST OUT OF THERAPY
- THE MOST COMMON TYPES OF THERAPY
- A CHECKLIST TO FIND A THERAPIST THAT'S RIGHT FOR YOU.
- DEFINE YOUR OVERALL THERAPY GOALS
- SESSION PREP FOR 25 SESSIONS
- SPACE TO TAKE NOTES DURING YOUR SESSIONS (25 PAGES)
- SESSION REFLECTIONS FOR 25 SESSIONS
- 50 JOURNAL PROMPTS FOR ADDITIONAL SELF-REFLECTION

TAKE SOME TIME TO FILL OUT THIS JOURNAL BEFORE YOUR NEXT THERAPY SESSION! IT WILL HELP YOU GET THE MOST OUT OF YOUR TIME AND MAKE PROGRESS TOWARD YOUR GOALS.

Tips for getting the most out of therapy:

Therapy can be an incredibly valuable tool, but it's important to remember that it's not a magic cure-all. Here are a few tips to help you get the most out of your therapy experience:

1. BE OPEN AND HONEST

The key to a successful therapy experience is being open and honest with your therapist. It's important to share both your positive and negative experiences, as well as any fears or concerns you have.

2. SET GOALS

Before starting therapy, it can be helpful to sit down and identify what your goals are. This will help you and your therapist focus on the areas that are most important to you.

3. BE PATIENT

It's important to remember that change takes time, so it's important to be patient with yourself and your therapist. Therapy is a journey, not a quick fix.

4. SEEK SUPPORT

In addition to seeing a therapist, it's also important to seek out support from friends and family members. These people can provide an additional level of support and understanding.

5. TAKE CARE OF YOURSELF

Remember that therapy is only one part of taking care of yourself - it's also important to focus on your physical health, eat a healthy diet, and get regular exercise. These things will help you feel your best and be in a better place to work on your mental health.

6. USE A THERAPY JOURNAL LIKE THIS ONE

A great way to track your progress in therapy, and to keep all of your thoughts and experiences in one place, is to use a therapy journal. This can be an incredibly valuable tool in understanding your own mental health journey.

7. FIND THE RIGHT THERAPIST FOR YOU

It's important to find a therapist that you feel comfortable with, and who you feel is a good fit for you. If you don't click with your first therapist, don't be afraid to try someone else. Please find more tips on that in the following section.

8. BE PREPARED TO WORK

Therapy can be hard work, but it's worth it. Be prepared to put in the effort and you'll see the results.

9. TRUST YOUR THERAPIST

Your therapist is there to help you, so it's important to trust their expertise and experience. If you have any questions or concerns, be sure to discuss them openly.

10. TAKE WHAT YOU NEED AND LEAVE THE REST

NOT EVERY THERAPY TECHNIQUE WILL WORK FOR EVERY PERSON, SO IT'S IMPORTANT TO TAKE WHAT YOU NEED FROM THERAPY AND LEAVE THE REST. TRUST YOUR INSTINCTS AND GO WITH WHAT FEELS RIGHT FOR YOU.

11. REMEMBER, YOU ARE IN CONTROL

YOU ARE ULTIMATELY IN CONTROL OF YOUR THERAPY EXPERIENCE, SO IT'S IMPORTANT TO KNOW YOUR RIGHTS AND BOUNDARIES. IF YOU EVER FEEL UNCOMFORTABLE OR UNSAFE, BE SURE TO SPEAK UP.



DIFFERENT TYPES OF PSYCHOTHERAPY

Discover the most common types of therapy and what each one entails so that you can make the best decision for your needs.

Psychotherapy, also known as talk therapy, is a way to help people suffering from mental illness or emotional distress. There are many different types of psychotherapy, each with its own approach and techniques.

THE MOST COMMON TYPES OF THERAPY

Cognitive Behavioral Therapy (CBT): CBT is a type of therapy that focuses on helping people to change their negative thoughts and behaviors. CBT has been shown to be effective in treating conditions such as anxiety, depression, and eating disorders.

Interpersonal Therapy (IPT): IPT is a type of therapy that focuses on helping people to improve their relationships with others. IPT has been shown to be effective in treating conditions such as depression and anxiety.

Psychodynamic Therapy: Psychodynamic therapy is a type of therapy that focuses on helping people to understand their unconscious thoughts and feelings. Psychodynamic therapy has been shown to be effective in treating conditions such as depression, anxiety, and eating disorders.

Humanistic Therapy: Humanistic therapy is a type of therapy that focuses on helping people to grow and develop as individuals. Humanistic therapy has been shown to be effective in treating conditions such as depression, anxiety, and stress.

CHOOSING THE RIGHT TYPE OF THERAPY FOR YOU IS AN IMPORTANT DECISION. BE SURE TO TALK TO YOUR DOCTOR OR MENTAL HEALTH PROFESSIONAL ABOUT WHAT TYPE OF THERAPY MAY BE RIGHT FOR YOU.



FIND A THERAPIST THAT'S RIGHT FOR YOU

Whether you're dealing with a mental health issue or just looking for someone to talk to, finding the perfect therapist can be a daunting task. But it's important to remember that there is no one-size-fits-all when it comes to therapy - the key is to find a therapist that is a good fit for you and your needs.

HERE ARE A FEW TIPS TO HELP YOU FIND THE PERFECT THERAPIST

1. Do your research

The first step is to do your research and identify what kind of therapist you're looking for. There are many different types of therapists out there, so it's important to narrow down your search to find someone who specializes in the areas you're most interested in.

2. Ask for referrals

If you have friends or family members who have seen a therapist before, ask them for referrals. This can be a great way to find someone who comes highly recommended.

3. Check credentials

Once you've narrowed down your list of potential therapists, it's important to check their credentials to make sure they're qualified to help you. Therapists should have a minimum of a master's degree in counselling or a related field, and be licensed by their state.

4. Consider your needs

When you're meeting with potential therapists, it's important to consider what your specific needs are. For example, if you're dealing with anxiety, you'll want to find a therapist who specializes in treating anxiety disorders.

5. Look for a good fit

The most important thing to remember when choosing a therapist is that it's important to find someone who you feel comfortable with and who you feel like you can trust. It's okay to interview multiple therapists before making a decision - in fact, it's encouraged!

Make sure to understand and like their approach before making a decision.

Once you've found the perfect therapist, you'll be on your way to starting your journey to mental health and wellness.



THERAPIST RED FLAGS

There are a few red flags to watch out for when meeting with potential therapists. If you feel like the therapist is not listening to you, is not respecting your boundaries, or is not providing helpful information, it's important to trust your gut and move on to someone else.

You should also be wary of therapists who try to push their own agenda on you, or who try to convince you to stay in therapy longer than you feel comfortable with. Remember, therapy is supposed to be a safe space for you to explore your thoughts and feelings - you should never feel pressured or coerced into anything.

If you're ever feeling uncomfortable or unsafe in therapy, it's important to reach out to a trusted friend or family member for support. You can also contact your state's licensing board to file a complaint against the therapist.

SETTING GOALS FOR THERAPY

The first step in therapy is to define your goals. Once you have a clear idea of your goals and a therapist that's a good fit to help you, you can begin to develop a plan for reaching them.

What are you hoping to achieve?

What are your expectations?

What would success look like?

Summarize your 3 main goals for your therapy

My #1 goal is:
My #2 goal is:
My #3 goal is:

GOAL UPDATES

(Make notes on if/how your goals change during therapy)

My #1 goal is:

Goal #2 notes:

Goal #3 notes:

SESSION NOTES

SESSION PREP WORK QUESTIONS

What are your main goals for therapy?

What has been most difficult for you lately?

What are your thoughts and feelings about therapy?

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Are there any particular topics or areas you would like to focus on in therapy?

Have you ever experienced anything like this before? If so, what helped you manage it?

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50

ADDITIONAL
SELF-REFLECTION
JOURNAL PROMPTS

What are your biggest fears and how do you deal with them?

What role do your family and friends play in your life?

How much of your happiness is dependent on your relationships with others?

What are your biggest regrets in life?

Are you living in the present moment or are you constantly living in the past or future?

What is your biggest insecurity?

What do you think other people see as your biggest weakness?

How do you define success?

What do you think happens to us after we die?

Do you think that our consciousness exists beyond our physical bodies?

What is your opinion on fate and destiny?

Do you think that we have control over our own lives, or is everything just predetermined?

Are you an optimist or a pessimist?

What are your biggest accomplishments?

Do you have any fears or phobias?

Do you think people are inherently good or bad?

Do you believe in karma or other forms of cosmic justice?

Are you comfortable with change or do you resist it?
