

## **Pre-Session Prep**

**What is your goal for this process overall?**

**What is your goal for today's session?**

**What does my coach need to know to best support my work?**

**Have any events happened since your last session that you want to make sure you address?**

**What are you carrying over to work on from last session?**

**What homework/experiments/practice did you have between sessions? Were you able to complete it? If yes, what are your thoughts? If no, what got in the way? Any other reflections or questions?**

## **Post-Session Reflections**

**What did we work on today?**

**Was it what we planned on working on or did something new come up?**

**What am I now more aware of?**

**What else am I noticing in my thoughts? Emotions? Sensations in my body?**

**What coping skills did we review?**

**What resources were shared with me?**

**What do I want to explore further?**

**What homework/experiments/practice did I commit to before my next session  
(or in general)?**

**What is my support plan between sessions?**

## My Personal Support Plan

**When I begin to experience overwhelm, crisis, or am in otherwise need of support I will do the following:**

- 1. I will try to identify specifically what is upsetting me.**
- 2. I will write down other responses I can have to this situation that do not involve any behaviors that do not sustain my wellness and my relationships in the long run (e.g., harming myself, harming others, engaging in behaviors that do not support my emotional wellness).**
- 3. I will review the thoughts and conclusions that I've come to about this situation and try to figure out if they are either accurate or helpful.**
- 4. I will do something I enjoy that helps me feel better for at least 30 minutes. Some of these activities may include:**

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**5. I will talk with someone whom I trust to be supportive about how I'm feeling. These people may include (list names and numbers):**

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**6. I repeat all of the above at least one more time.**

**7. If the thoughts continue, and I find myself preparing to do something to myself, I will call my preferred local crisis line or suicide hotline (example: 988). Please list options below:**

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**8. If I still feel in danger of harming or killing myself and don't feel I can control my behavior I will call 911 or go to the ER. My preferred ER is:**

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**Name and Phone Numbers of Other Important Contacts for Me**

**Case Manager:** \_\_\_\_\_

**Therapist:** \_\_\_\_\_

**Coach:** \_\_\_\_\_

**Sponsor:** \_\_\_\_\_

**Psychiatrist:** \_\_\_\_\_

**Clinic Where I Get Services:** \_\_\_\_\_

**PCP:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_