

Sessions reflections

What has stood out for you today? Notice how you feel emotionally.

Do you have any new thoughts or feelings about yourself or others?

Can you identify any new learning from the session?

Take a moment to slow down, take a breath and think about yourself in a caring way. Ask yourself, what is the one thing you can say to yourself from today's session, which is supportive and would enhance your wellbeing? If you struggle ask yourself what would you say to someone you cared about who had been through this session?

From your experiences and reflections, what can you take forward into the week (and your life)?