

# PRE-SESSION PREPARATION WORKSHEET

Dr. Jane Bolton, PsyD, LMFT, CC  
Psychotherapy and Master Results Life Coaching

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. What did we talk about last session that was important? What did you learn? (1-3 sentences)

2. Was there anything that bothered you about our last session? Anything you are reluctant to say?

3. What was your week like? What was your mood (anxious, depressed, angry, etc.) like compared to other weeks? (1-3 sentences)

4. Did anything happen this week that is important to discuss? (1-3 sentences)

5. What problems/issues do you want to talk about today? (1-3 sentences)

6. What homework did you do/didn't you do? What did you learn?

*Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit [www.Dr-Jane-Bolton.com](http://www.Dr-Jane-Bolton.com)*