



SELF REFLECTION GUIDE

Is Therapy Working?

How to Use This Guide

Therapy progress isn't always obvious. It rarely shows up as a clear "before and after." More often, it lives in subtle shifts, i.e. how you think, how you feel, and how you relate. This guide is designed to help you slow down and notice what may already be changing. *Small shifts are still movement.*

1. Noticing Change (Even If It's Subtle)

Reflect on the past few weeks:

- What feels even slightly different in how I respond to stress or conflict?
- Have I noticed any new awareness about my patterns, triggers, or reactions?
- Am I thinking about therapy or our conversations outside of sessions?
- Where have I paused, even briefly, before reacting?

Awareness is often the first sign of change.

Notes:

2. The Therapeutic Relationship

Consider your experience *with* your therapist:

- Do I feel safe enough to be honest, even if not all the time?
- Do I feel understood, or at least genuinely *attempted to be understood*?
- Can I share when something doesn't land or feels off?
- Have we worked through any moments of disconnection or misunderstanding?

The relationship isn't separate from the work: it is the work.

Notes:

3. Emotional Shifts

Explore your emotional experience:

- Am I allowing myself to feel more, even if it's uncomfortable?
- Has my emotional range expanded (e.g., more access to sadness, anger, vulnerability)?
- Do I relate differently to difficult emotions than I used to?

Feeling more doesn't mean you're doing worse; it often means you're accessing more.

Notes:

4. Self-Relationship

Notice how you relate to yourself:

- Has my inner voice softened, even slightly?
- Am I more curious about myself instead of critical?
- Do I have moments of self-compassion that weren't there before?

Notes:

5. Growth Edges

Therapy often includes discomfort. Reflect on:

- Where do I feel challenged right now?
- What feels difficult—but important—to look at?
- Am I avoiding something that might be meaningful to explore?

Growth often lives right next to discomfort.

Notes:

6. Looking Ahead

- What feels most helpful about therapy right now?
- What do I need more of in this process?
- Is there something I haven't said yet that I want to bring into the room?

Notes:

Final Reflection Prompt

If progress feels unclear, try this:

“What would I have done differently 3–6 months ago in a situation I faced recently?”

Even a small difference counts.

Notes:

Final Thoughts

Therapy isn't about becoming a different person; it's about relating to yourself and others in new ways.

If you're noticing even small shifts, that's meaningful.

And if you're unsure whether therapy is working, that conversation itself can be part of the work.

Bring this guide into your next session. Use it as a starting point.

Or, if you're looking to begin:

Book an initial session to explore relational, collaborative therapy grounded in connection, curiosity, and fit.



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