

Therapy review check-in

A review creates space to notice progress, difficulties and whether the current therapy plan still fits. Honest feedback is part of the work.

WHAT HAS SHIFTED

Look beyond whether every symptom has gone.

- What do you understand differently?
- What can you do now that was harder before?
- What have other people or daily routines reflected back to you?

WHAT REMAINS DIFFICULT

Name what is stuck without treating it as failure.

- Which situations, feelings or patterns remain most disruptive?
- What do you avoid discussing or practising?
- Are there practical barriers affecting attendance or follow-through?

HOW THE THERAPY FEELS

Fit can be discussed directly.

- Do you feel understood and able to disagree?
- Is the pace too fast, too slow or about right?
- Is the balance between practical and deeper work useful?

WHAT COMES NEXT

Use the review to make an active decision.

- Continue the current focus, change the method or revise the goals.
- Adjust frequency or involve another professional where appropriate.
- Plan completion, a pause or another pathway when that fits better.

Keep the resource in context

You do not need to protect the therapist from useful feedback. Bring this sheet to a session or use one question from it to begin the review conversation.