Session date:

Participant:

1. Did I have any specific topic or issue I wanted to address during the session?
2. Did I have enough space to express myself?
3. What sensations did I notice in my body or in the overall atmosphere during the session?
4. What moments, points, or experiences in this session felt particularly meaningful, whether positively or negatively?
5. How did I feel at the end of the session?
6. Are there any experiments or actions I am considering exploring based on what we worked on in the session?
7. Is there anything else I would like to add to my reflections about this session or my process?