


Therapy Journal



A 30-Day Guided Journal



Hybrid



Created with LoomJournals



How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Write session notes immediately after therapy
 - Record the key lesson or breakthrough
 - Note any homework or exercises assigned
 - Reflect on progress before your next session



Scan for a detailed guide on how to use this journal

Date: _____

Mood (1-10):

1 2 3 4 5 6 7 8 9 10

Anxiety level (1-10):

1 2 3 4 5 6 7 8 9 10



Today's reflection *(what came up today? thoughts, feelings, patterns)*

Situation *(hint situation)*

Automatic thoughts *(hint automatic thoughts)*

Alternative perspective *(hint cognitive reframe)*

Coping strategies *(what did you do to cope? deep breathing, walking, talking...)*

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