

## Therapy Reflection Prompts

After each session, take five quiet minutes with these prompts:

1. What stayed with me from today's session?
2. What emotions came up most strongly?
3. What insight or phrase felt meaningful?
4. What do I want to explore next time?
5. What's one small act of self-kindness I can practice this week?

Therapy works best when reflection continues between sessions.

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### 3. The Self-Compassion Pause Sheet

Title: "When You Start Being Hard on Yourself..."

1. Notice your inner critic's tone.
2. Pause.
3. Ask: "Would I speak to someone I love this way?"
4. Replace criticism with care — one gentle sentence.

Example: "I'm allowed to make mistakes and still be learning."

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### 4. The Calm Reset Plan

Title: "Five-Minute Reset for Overwhelm"

1. Sit or stand where you are.
2. Drop your shoulders.
3. Inhale through your nose for 4 counts, exhale for 6.
4. Notice one sound, one color, one texture around you.
5. Whisper: "I'm safe in this moment."

Use this whenever life feels like too much.

Over time, your body learns that calm is not absence — it's access.

Place your hand on your heart and breathe into that truth.

Each pause is a micro-moment of reparenting yourself.