

# Therapy Summary Worksheet

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Cognitive-Behavioral Therapy (CBT) works best when you write down your thoughts and insights on the same day after your appointment. This helps you to get the most out of our therapy sessions. This form is intended for use by current patients of David Lechnyr, LCSW.

1. What did we cover today that's important to you to remember?
2. How would you summarize what we talked about today?
3. How much of your assignment/homework had you done for therapy today?
4. Progress in therapy requires that we make **small changes in our lives on a daily basis**.  
What will you do between now and your next appointment to make sure this happens?
5. How likely are you to do your new assignment/homework?
6. What do you want to make sure to cover at the next session?