

From Session to Home

A one-page planning worksheet for turning one helpful insight into one realistic family practice.

Choose one insight and make the next action small enough to use in real family life.

1. One idea we want to remember

2. One strength we can build on

3. One tiny practice

What will we do? _____

When or where? _____

4. Make it easier

What could get in the way? _____

How can we make the practice smaller or more realistic? _____

5. Reflect with curiosity

What did we notice? _____

Keep, change or pause? _____

There is no grade. The goal is to learn what supports your family. Share this educational worksheet with your licensed professional when relevant. It is not diagnosis, therapy, medical advice or crisis care.