

# Post Session REFLECTION

Date: \_\_\_\_\_

**What Insight Resonated the Most With Me Today?**

**Which Emotional Reactions Surprised Me During the Session?**

**How Did Emma's Interventions Help Me in Today's Session?**

**What Resistance or Barriers Did I Feel, and Why Might They Be Present?**

1

1

2

2

3

3

**In What Ways Do I Feel Empowered After This Session?**

**What Will I Do Differently Based on Today's Learning?**