



# Therapist's Reflective Practice Checklist for CBT

## 1 Before a Session

- Have I taken a moment to ground myself and check in with my own emotional state?
- Am I aware of any biases, assumptions, or emotional triggers I may carry into this session?
- Have I reviewed the client's recent progress, goals, and challenges?
- Have I set an intention to remain fully present and empathetic?

## 2 During the Session

- Am I actively listening without interrupting or jumping to conclusions?
- Am I reflecting emotions and thoughts back to the client accurately and with compassion?
- Am I balancing structure (CBT tools) with flexibility based on the client's needs?
- Am I noticing any countertransference or strong emotional reactions in myself?



3

### After the Session

- What thoughts and feelings did I experience during this session?
- Did anything surprise, challenge, or emotionally affect me?
- How do I feel about the therapeutic alliance and its progress?
- What went well, and what could I improve for next time?

4

### Weekly Self-Reflection & Growth

- Have I engaged in personal self-care or well-being routines this week?
- Have I sought peer supervision or consultation if needed?
- Have I reflected on how my personal experiences may influence my therapy style?
- What strengths am I building? Where do I need more support or learning?