



Reflexivity Worksheet for Therapists

1 Setting the Intention

- What do I want to gain from this reflexivity exercise?
- Am I reflecting on a specific session, client interaction, or my overall practice?

2 Exploring Thoughts and Emotions

1. Session Reflection

- What stood out for me in the last session?
- What feelings did I notice during the session (e.g., calm, frustrated, hopeful, anxious)?

2. Personal Lens

- How might my personal values, experiences, or beliefs have shaped my reactions in this session?
- Did I notice any assumptions I may have made about the client?



3

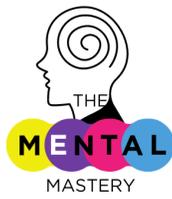
Identifying Bias and Blind Spots

- Are there cultural, social, or personal factors that may have influenced how I understood the client's experience?
- Did I find myself relating the client's story to my own? How did that affect my response?
- Where might I need to check or challenge my assumptions?

4

Therapist-Client Dynamics

- Did any power dynamics appear in this interaction?
- How did I balance guiding the session while supporting the client's autonomy?
- Did I notice any transference or countertransference?



5

Learning and Growth

- What strengths did I demonstrate in this session?
- What areas do I want to develop further?
- What feedback (from supervision or clients) could help me deepen my awareness?

6

Action Planning

- One thing I will do differently in my next session is:
- A reflective question I will carry with me into future sessions is: