



Before Therapy: Brain Dump

GETTING IT OUT BEFORE WE TALK ABOUT IT

Use this space before your session to unload your thoughts, worries, emotions, and experiences.
There is no right or wrong way to complete this page.



WHAT'S BEEN ON MY MIND?



THINGS THAT TRIGGERED
STRESS THIS WEEK



THOUGHTS I KEEP
COMING BACK TO



WINS, PROGRESS, OR
POSITIVE MOMENTS



EMOTIONS I'M FEELING TODAY

- | | | |
|---------------------------------------|--------------------------------------|-------------------------------------|
| ☐ Happy | ☐ Anxious | ☐ Hopeful |
| ☐ Sad | ☐ Overwhelmed | ☐ Frustrated |
| ☐ Angry | ☐ Lonely | ☐ Confused |
| ☐ Other: _____ | | |



THINGS I WANT TO
DISCUSS IN THERAPY

1. _____
2. _____
3. _____



MY GOAL FOR TODAY'S SESSION



FREE BRAIN DUMP SPACE

Write, doodle, list, vent—whatever you need to get out. 





You are not alone.

We're here to support you on
your journey toward clarity,
healing, and meaningful change.



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