

# Self-Reflection Worksheet for Adults



Use this worksheet to pause, reflect, and prepare for your counseling journey. There are no right or wrong answers—just space for you to notice yourself in the present moment.

How am I feeling lately?

(Write down the emotions you've noticed most often in the past few weeks.)

What feels hardest right now?

(Think about stressors, challenges, or situations that have been weighing on you.)

What helps me feel better, even briefly?

(List small things—activities, people, or moments—that bring relief or comfort.)

What patterns do I notice?

(Consider repeated thoughts, habits, or situations that show up in your daily life.)

What would I like to be different?

(Describe one or two changes you hope to see in your life or how you feel.)

What are my goals for counseling?

(Think short-term and long-term—what support do you hope therapy will give you?)