

# Therapy Group Worksheet

Name	Date
Please note down the rules your group established:	
List 5 facts about yourself to share with the group:	
Write down some facts others have shared for you to remember:	
What are your goals for this session?	
Reflect on the exercises you participated in today, how did they go? How was working with others?	
A space for your thoughts and questions	
Signature 	Date