

Clinician Name:

Date:

Client Name:

Session #:

# SELF REFLECTIVE NOTE TAKING

DESCRIBE ANY THOUGHTS, FEELINGS, REFLECTIONS, OR  
RESPONSES TO THE FOLLOWING PROMPTS:

**What identities do I hold and how may they impact the therapeutic relationship? Ex: gender, sexual orientation, race, religion, ability, age, SES**

**What preconceived notions or assumptions did I make about my client? How might these assumptions have been formed?**

**What behaviors do I exhibit when I engage in conversations about privilege, discrimination, and oppression that may derail the conversation?**

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**Do any particular thoughts or emotions arise within myself when conversations about privilege, discrimination, and oppression are raised?**

**How do the above feelings present themselves within my mind and body?**

**Do I become defensive or avoidant when topics regarding race, ethnicity, privilege and oppression are discussed? Why might I feel this way?**