



REVIEWING THE JOURNEY WITHOUT JUDGING PROGRESS



PAGE 1: NOTICING THE JOURNEY

Therapeutic journeys can include movement, pauses, returning, surviving and seeing something differently. Change does not have to be linear to matter.

1. WHERE DID THIS JOURNEY BEGIN?

What brought the client to counselling?

What felt important to them—not only to me or the service?

What hopes, fears or expectations were present?

2. WHAT HAS THE CLIENT NOTICED?

What words has the client used about change, difficulty, meaning or what remains the same?

What seems important from their perspective?

What have they not described as progress?

3. WHAT MIGHT HAVE SHIFTED?

- ☐ awareness or language
- ☐ choices or boundaries
- ☐ self-understanding
- ☐ emotional expression
- ☐ ability to pause or recover
- ☐ relationships or connection
- ☐ willingness to seek support
- ☐ self-compassion
- ☐ survival through a difficult period
- ☐ something else

What evidence supports my reflection?

4. QUIET OR LESS VISIBLE MOVEMENT

Could progress include...

- ☐ recognising a pattern sooner
- ☐ staying present a little longer
- ☐ saying 'I don't know'
- ☐ allowing rest or uncertainty
- ☐ making a different choice once
- ☐ naming something previously hidden
- ☐ returning after a rupture
- ☐ accepting support

What might be meaningful even if it is difficult to measure?

5. WHAT HAS REMAINED DIFFICULT?

What struggles, needs or circumstances remain?

What may need more time, safety, support or resources?

Can I notice what remains without turning it into failure?

6. WHAT HAS THE RELATIONSHIP HELD?

Moments of connection, distance, trust, rupture, repair, honesty or shared uncertainty...

What might the client say has mattered in our work together?



PAUSE AND CARRY FORWARD

What do I want to hold gently as I move to Page 2?



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PAGE 2: MEANING, CONTEXT AND WHAT COMES NEXT

*Reviewing is not grading. It is an opportunity to notice together,
remain curious and let the client shape what their journey means.*

7. WHAT HAS SHAPED THE JOURNEY?

*Consider health, safety, trauma, neurodivergence, culture, identity,
discrimination, relationships, finances, housing, caring
responsibilities, services and wider systems.*

*What barriers or pressures
have affected what was possible?*

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*What strengths or supports
have helped?*

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8. NOTICE MY EXPECTATIONS

*Was I hoping for a particular
outcome, pace or kind of change?*

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*What feelings arise when progress
looks different from what I expected?*

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*Am I comparing this client with
another client, a theory or an
organisational target?*

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*What might I need
to loosen or reconsider?*

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9. WHO DEFINES WHAT MATTERS?

*What does the client
value now?*

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*Has their understanding of
what they want changed?*

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*Where might my view, the client's
view and the organisation's
view differ?*

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*How can the client retain
authorship of their journey?*

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10. REVIEWING TOGETHER

Questions I might gently offer...

- ☐ "What feels different, if anything?"
- ☐ "What has mattered in our work together?"
- ☐ "What remains difficult or unfinished?"
- ☐ "What have you learned about yourself?"
- ☐ "What would you like more, less or something different from me?"
- ☐ "What would you like to carry forward?"

*What question would
fit this client?*

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11. ENDING, CONTINUING OR CHANGING DIRECTION

*Is the work ending,
pausing, continuing
or needing something
different?*

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*What choice, support,
referral or conversation
may be needed?*

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*What feelings might
this transition hold for
the client—and for me?*

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12. BRINGING THIS TO SUPERVISION

*What am I proud of,
uncertain about or
finding difficult
to accept?*

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*What might I be
overlooking because
it is quiet or hard
to measure?*

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*What do I need help
to understand about
the work, the ending
or myself?*

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13. CARRY FORWARD

*One thing the client
has taught me...*

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*One assumption I want
to hold more lightly...*

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*One part of the journey
I want to honour...*

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*One thing that can
remain unfinished...*

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**Progress does not have to be dramatic,
visible or complete to be meaningful.
The client's journey
remains their own.**