Session Assignment and Feedback Form (SAFF)

Today's Date _____   Next Session _____   ID # _____

Complete this form and bring it to your next therapy session.

I.

Assignments	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Complete immediately after session

II. What are 1-2 things you want to remember from the session?

_____

_____

_____

_____

_____

III.

	Not at All	Slightly	Somewhat	Moderately	Very	Extremely
1. How well did you feel heard and understood in session?	0	1	2	3	4	5
2. How well did we agree on the CB model of your problems?	0	1	2	3	4	5
3. How well did today's session help address your problems?	0	1	2	3	4	5
4. How confusing or distressing was today's session?	0	1	2	3	4	5
5. How confident are you that you can use the skills you are learning when you need them?	0	1	2	3	4	5

Complete just before next session

IV. What skills did you use during the last week?

☐ Mindfulness
☐ Self-care
☐ Focus on the CB model of your problems
☐ Self-monitoring
☐ Activity scheduling

☐ Problem-solving
☐ Opposite action
☐ Access social support
☐ Test/change thoughts/beliefs
☐ Interpersonal effectiveness
☐ Acceptance

☐ Focus on goals and values
☐ Focus on positives
☐ Other: _____
☐ None

V.

	Not at All	Slightly	Somewhat	Moderately	Very	Extremely
How helpful were the assignments?	0	1	2	3	4	5

VI. What do you want to discuss next session?

_____

_____

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II. What are 1-2 things you want to remember from the session?

_____

_____

_____

_____

_____

III.

	Not at All	Slightly	Somewhat	Moderately	Very	Extremely
6. How well did you feel heard and understood in session?	0	1	2	3	4	5
7. How well did we agree on the CB model of your problems?	0	1	2	3	4	5
8. How well did today's session help address your problems?	0	1	2	3	4	5
9. How confusing or distressing was today's session?	0	1	2	3	4	5
10. How confident are you that you can use the skills you are learning when you need them?	0	1	2	3	4	5

Complete just before next session

IV. What skills did you use during the last week?

☐ Mindfulness
☐ Self-care
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☐ Acceptance

☐ Focus on goals and values
☐ Focus on positives
☐ Other: _____
☐ None

	Not at All	Slightly	Somewhat	Moderately	Very	Extremely
V. How helpful were the assignments?	0	1	2	3	4	5

VI. What do you want to discuss next session?

_____

_____