MY DERAIL BOARD

A place to park thoughts, questions, or topics I do not want to lose so we can come back to them later.

WHAT POPPED UP?

A thought, question, story, or concern I want to remember.

WHY IT MATTERS

Why is this important to me?

WHEN SHOULD WE RETURN TO IT?

- [ ] Later today
- [ ] Next session
- [ ] Soon
- [ ] Not sure yet
- [ ] _____

WHAT DO I NEED UNTIL THEN?

Support, reminder, reassurance, notes, or a plan.

PARK IT HERE

What do I want to come back to?

_____

_____

_____

_____

_____

_____

WHO SHOULD HELP ME COME BACK TO IT?

Me, therapist, teacher, parent, group, or someone else.

NEXT STEP / FOLLOW-UP

What will help us remember to return to this?

THINGS WE CAME BACK TO

- [ ] _____
- [ ] _____
- [ ] _____

Important thoughts do not have to be lost just because we pause them.