Ending therapy

Review what has changed, plan for what is ahead and finish properly.

Name _____ Date _____

Endings matter. Taking time over this one helps you keep what you have gained.

Where I was when I started

Where I am now

What I have learned about myself

What I do differently

What I am most proud of

What is still unfinished, and how I will keep working on it

How I feel about finishing

What I will do if things get difficult again, and when I would come back

What I want to remember

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This handout supports your therapy. It does not replace professional advice.