

Hmwk-Reflections on Therapy:

(Please take some time to reflect on your experience here, both in and out of sessions)

What are some skills you have gained over the course of this therapy? How has gaining these skills affected your perception of yourself?

What are some skills you can continue to work on even when you finish with therapy at HCSATS? (Identify 1-3 skills and how you will continue to implement these into your life)

We all experience days that are more difficult than others. What can you do when you are having one of those days or weeks, to feel more centered and capable?

Can you identify some continued areas of growth to work on, either on your own or in future therapy?

Please use the back side of this paper as necessary