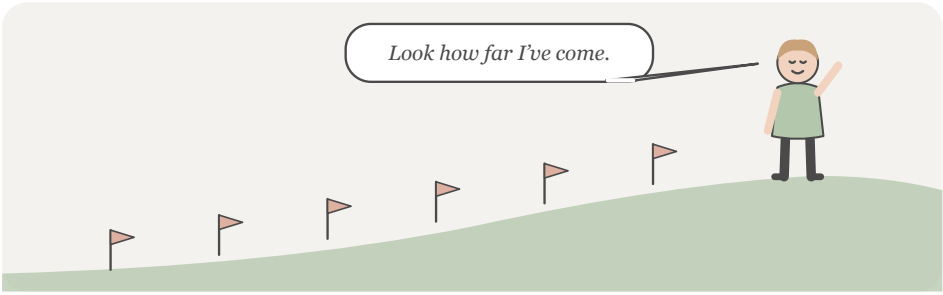
–LENSS–

Reviewing My Progress

Looking back on our work, and looking ahead.

We will review your progress regularly, and again as we plan the end of therapy. This worksheet helps you notice what has changed, what helped, and how you will keep looking after yourself.



My goals

Goal (from my intake form)	At the start (0–10)	Now (0–10)
1.		
2.		
3.		

Memories we have worked on

Memory (headline)	SUD at the start	SUD now	Positive belief and VoC now



Reflecting

What has changed for me	
What helped most	
What I want to keep doing	
Signs I might need some extra support in future	
What I would say to myself at the start of therapy	

"Look how far I've come."