

# POST-TREATMENT PLANNING

1. What key information, strategies, and ideas will you be taking with you from our work together?
2. What are your goals for the coming months and how will you continue to work on them?
3. How will you know it's time to pay even more attention to practicing your skills? (what are the signs that your symptoms are starting to increase again)? And what could you do about it?

<i>Warning signs:</i>	<i>What I could do about it:</i>

4. How/when will you schedule time to continue practicing the skills you have learned.
5. Looking back over the past several months, what have you achieved? What progress have you made in the direction of your values? What barriers or symptoms have you overcome?