

Termination Journal Prompts

What is one thing you are doing differently that seems to help you?

What is something you stopped doing that you can now see was unhelpful?

Has any specific technique helped you control your moods?

Has any specific technique helped you perform better at work or school?

Has anything you've learned in therapy helped you in your close relationships?

Has anything helped you feel more comfortable with friends and acquaintances?

Have you made any changes in your lifestyle that have helped you feel better, such as a change in your exercise, eating, or sleeping habits?

What is one technique you have learned in therapy that you would recommend to someone with a similar problem?

Is there a new goal you have for yourself as a result of your progress?

Can you give an example of something you do now that makes you feel more optimistic about your life?

Is there any specific change that has helped you feel more in control and self-accepting?

Has anything changed in your overall quality of life?

Is there anything else you can tell me about your therapy progress?

What are your triggers and how do you manage them?

Who is in your support system? How could your social supports help you with the problems that led you to therapy, or help you maintain the progress you've made in therapy?

How will you know it is time to return to therapy?

How would you know your next therapist is or isn't a good fit?