

Progress

Date:

Date treatment started:

I have made progress in the following areas:

I would like to further work on the following:



My thoughts (reflect on progress & goals, update symptoms, etc):

Therapist/Counselor thoughts:



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Credits



[Alina V Design and Resources](#)

-Thank you for the border!



[Johana Zegarra](#)
-Thank you for the watering can & flower!