

Termination Activity: Letter

You can give clients one of the sheets below. They can write a letter to their "future self" that they can read when they find that they are struggling.

They can write about why progress is possible, coping strategies that work for them,, things they learned in therapy, etc. Clinicians can also use one of the sheets below to write a letter to their client. You can write about the goals they have met, their strengths/positive qualities, etc.


A Letter To My Future Self

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Dear

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A decorative border composed of numerous small, overlapping circles in various shades of blue, teal, and black, arranged in a rectangular frame around the central text.

A Letter To My Future Self

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Dear

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Dear

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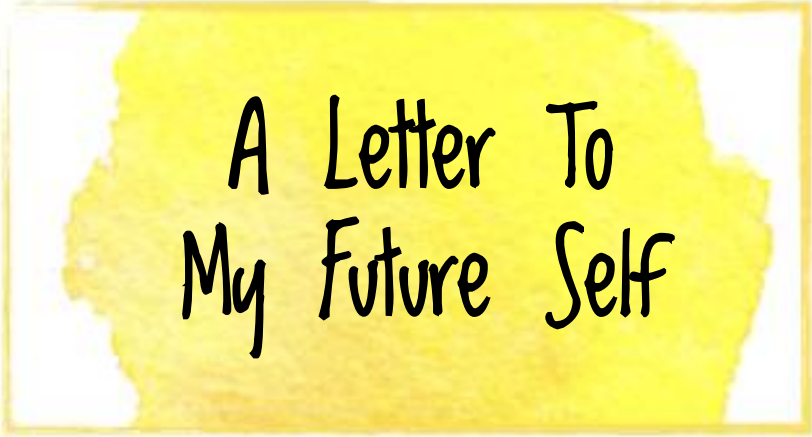






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Dear



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Credits

The Conceptual Classroom

-Thank you for the labels!



Creative Clips by Krista Wallden

-Thank you for
the frames!



Kelly Benefield

-Thank you for
the frame!