

THERAPY REVIEW & GOALS



Part 1: Looking Back – Reflection on the Past Year

Before we set new goals, it helps to notice what has already shifted.

<p>What were the main challenges or reasons you came to therapy last year? What was feeling stuck, painful, overwhelming, or not working?</p>	
<p>What changes have you noticed so far, even small ones? E.g. Understanding yourself better, reacting less intensely, improved boundaries, better coping, fewer symptoms, more self-compassion.</p>	
<p>What skills, insights, or strengths did you build through therapy? These might be emotional, behavioural, relational, or mindset changes.</p>	
<p>What is still getting in the way? What patterns, triggers, or difficulties keep showing up?</p>	

Part 2: Clarifying Your Focus for 2026

Therapy is most effective when it's intentional. What do you want to work on next?

<p>If therapy in 2026 was genuinely helpful, what would be different by the end of the year? Think about how you would feel, think, behave, or relate to others.</p>	
<p>What patterns do you want therapy to help interrupt or shift? E.g. Avoidance, people-pleasing, emotional shutdown, overthinking, self-criticism.</p>	
<p>What new skills or ways of responding would you like to develop instead? E.g. Distress tolerance, emotion regulation, self-compassion, urge surfing.</p>	
<p>What helps therapy work well for you? E.g. Structure, accountability, homework, practical tools, gentle pacing, challenge.</p>	

Goal 1	Goal 2	Goal 3
<p>Describe a meaningful change you want to work toward in therapy?</p>	<p>Describe a second meaningful change you want to work toward in therapy?</p>	<p>Describe a third meaningful change you want to work toward in therapy?</p>
<p>How will you know you are making progress? What would be happening less? What would be happening more?</p>	<p>How will you know you are making progress? What would be happening less? What would be happening more?</p>	<p>How will you know you are making progress? What would be happening less? What would be happening more?</p>
<p>If this goal were achieved, what would life look like day-to-day? How would your mornings, relationships, decisions, or stress levels be different?</p>	<p>If this goal were achieved, what would life look like day-to-day? How would your mornings, relationships, decisions, or stress levels be different?</p>	<p>If this goal were achieved, what would life look like day-to-day? How would your mornings, relationships, decisions, or stress levels be different?</p>