



Therapy Termination Worksheet

Client Name	Date of Birth	Date
1	What were your goals when you first started therapy?	
2	How have you progressed towards these goals? What accomplishments are you proud of?	
3	What coping strategies or techniques have you learned?	
4	What resources (books, exercises, etc.) have been most helpful?	
5	How will you maintain the progress you've made in therapy?	
6	What steps can you take if you start to feel like you're slipping back into old patterns?	
7	What are some key achievements from your time in therapy?	
8	What are you grateful for in your therapy experience?	
9	Is there anything you want to say to your therapist as therapy ends?	
10	How was your experience with the therapist? What worked well, and what could have been better?	