**How did the problem develop?**

What things led to the problem?

Why was it a problem at this time in your life?

**What kept the problem going?**

What thoughts or beliefs kept it going?

What actions, responses or behaviours prolonged it?

What safety behaviours were you using?

**What are the most important things you learned in therapy?**

What have you learned about the way you see yourself? The world? Other people?

**What coping strategies have you developed that you wouldn’t want to forget about?**

**What are your goals for the future?**

For the next: month, 6 months, year