

# My Therapy Year In Review

Take at least 20–30 minutes to answer these questions to recap your work in therapy. You can complete a separate therapeutic year in review with your partner and/or with your family.

**What is one positive thing I contributed this year?**

**How would I describe my personal and professional progress?**

**What important lesson did I learn about myself?**

**What feelings do I have towards myself?**

**What is one change I want to make for myself and about myself?**