



Treatment Gains Review & Relapse Prevention

Treatment is not about never feeling anxious again. It's about building tools, confidence, and resilience so you can handle anxiety when it shows up. Reviewing your gains helps anchor progress. Planning for setbacks keeps you moving forward.

Step 1: Celebrate Your Gains

Think back to where you started and notice the progress you've made.

Area	How I Was Then	How I Am Now
Anxiety symptoms		
Daily functioning		
Relationships		
Coping skills		
Confidence in handling anxiety		

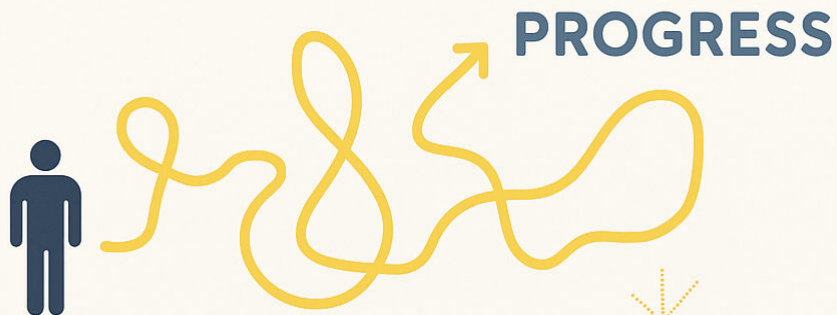
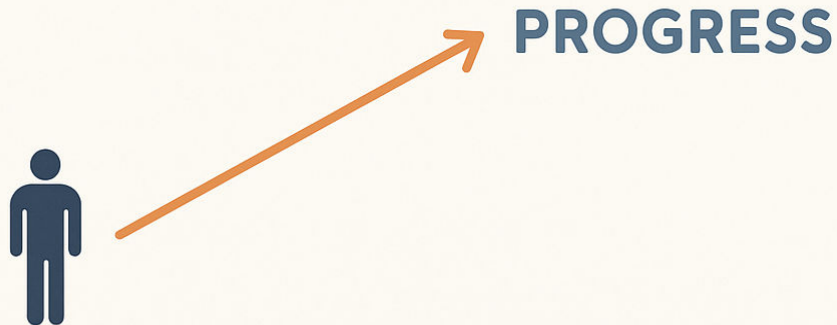
Step 2: My Go-To Tools

List the strategies you found most helpful during treatment.

Step 3: Warning Signs of Slipping Back

What clues tell you that anxiety might be regaining power?

PROGRESS ISN'T LINEAR



**BUT EVERY STEP
FORWARD COUNTS**



Encouragement

You don't need to do this alone. Be proactive — if anxiety creeps back, you can always check in for booster sessions. Sometimes just a few sessions from the sidelines can help get you back on track. We all deserve support.