The END.

But it’s really just the beginning…

When someone dies or a friend moves away, it is not unusual to feel rejected or abandoned in some way. The end of counseling, called termination, can feel this way, too. It is sometimes hard to see that these events can actually help you grow. It can be really hard if you needed that person to feel good about yourself. This ending gives you a chance for you to help yourself and feel good about yourself from inside. This is also a good time to think about all the good times and good things that happened, because of the time you spent together.

Below is a space for you to write and think about all the good things.

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What did you learn?

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What do you most want to remember?

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What words of wisdom do you want to tell yourself if you have a setback?

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