

Personal Reflections

This page is a place for you to capture some of what has been meaningful to you in this course. You can look back through the chapters to help you remember what was helpful.

Consider:

- Why did you come to this course? Why did you stay?
- What has worked well for you, and why?
- What have you learned?

Moving Ahead

Consider what you want to keep practicing from this course. Sometimes circumstances may make it more difficult to remember the things you've learned. Building new habits takes time and effort, especially when life throws you a curve ball.

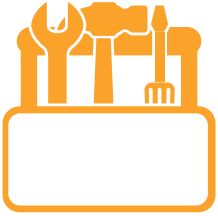
What can you do to help yourself stick with the new skills and habits that are important to you? You may wish to discuss your progress with your doctor, or with a friend, and ask them to check in with you. You could keep your *CBT Skills Workbook* somewhere handy to help you through tricky moments. You may also wish to use an app that reinforces these skills (see Resources for a list of recommended apps). Write your ideas here: _____

It is helpful to identify the specific signs that indicate you are more vulnerable to going down the React pathway. You can think of these as red flags. For example, some red flags for a person who has had depression in the past might be cancelling plans, decreased eating, or having more irritability. Other types of red flags may be urges to use substances, decreased sleep, or avoiding wanted activities. By identifying them now, you will be more aware of them when they occur, and can make conscious choices.

Take some time to think about which skills from this course you would like to continue practicing, and what strategies will help you to stay on track.



What are some red flags for you that can alert you to be more conscious about applying CBT skills?



Remember this icon throughout the *Workbook*? In the space provided, list the skills that you checked as your favourites.

This list is an excellent resource to share with your primary care practitioner so that she or he can best support you.

Creating Your Personal CBT Skills Toolbox

Throughout this CBT Skills Group program, dozens of CBT skills have been presented so that you are able to experiment with various strategies. It is not expected that you will master or benefit from all of these skills—some will likely resonate with you, or impact you, more than others.

Perhaps you made note of these ‘favourite’ skills by placing a check mark in the toolbox icons provided at the top of each skill page. Take a moment flip through the *Workbook* and list which skills worked best for you, so that you



can find them easily. The Review of Course Concepts on page 184 and the Toolbox of CBT Skills on page 207 may be helpful.

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