

Client name:

Keyworker:

Date: / /

# How can you make yourself feel good?



Positive things that you can do

Positive ways that you can think

How useful was this map and discussion?

NOT Useful 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 VERY Useful

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