



MY THERAPEUTIC TREASURE CHEST



Date:

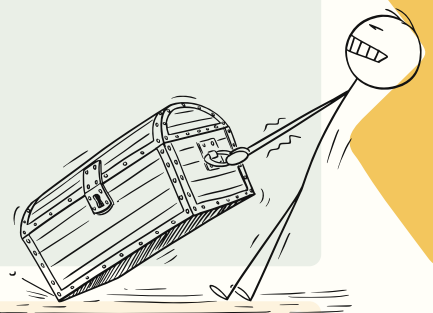
Name:

Strengths:

Self-care:

Coping Skills:

Resources I have:



What I learnt in CBT:



What to do if I have a setback:

Who supports me:

