

**Ending Treatment: Blueprinting**

**How did my problems develop and what kept them going?**

**What were the most important unhelpful thoughts and beliefs I had?**

**What did I learn in therapy that helped?**  
(Ideas and techniques you used)

**How am I going to build on this and take it forward?**

**What will make it difficult for me to do this?**

**How will I overcome these difficulties?**

**What might lead to a set back for me?**

**Early warning signs of a setback:**

**What would be helpful to do if the problem recurred?**