Dear ________________

If you’re reading this, it’s been a while since CBT group ended. I hope you’re doing okay! I know that sometimes everyone goes through tough times, so in case that happens to you, I want to remind you of a few things. First of all, don’t forget that you are:
(List 3-5 strengths, skills, qualities you love about yourself.)

Second, remember that you let your thoughts get the best of you. You tend to:
(List 2 thinking traps that you are most likely to fall into.)

For example, remember when you really believed that ________________________

but actually ________________________

When your thoughts get you down, you’ll know right away because you’ll probably:
(Describe 2-3 signs that you’re experiencing depression or anxiety – how does your mental health come out in your behavior?)

If you’ve been struggling lately, here are 3 things I want you to try:

1. ________________________
2. ________________________
3. ________________________

Remember: (Add an inspirational quote, supportive idea, or affirmation that means a lot to you.)