

## Endings

***We are coming to the end of our time together. To ensure a smooth ending, I encourage clients to reflect on the counselling sessions. This will help you reflect on the work you've achieved and help you think about the future. It would be helpful if you could complete this before our final session.***

1. What issues did you come into counselling with and what were you hoping/looking for from our counselling sessions together?
2. What did you go through whilst counselling, both within the counselling hour and outside in everyday life?
3. What have you discovered about yourself and others during this time?
4. What issues are you left with and what would you like to do with these issues?
5. What strategies have you got for the future and where will you be looking for future support?