

Wrap-Up Self-Contract

Although the group itself is coming to an end it is important to recognize the process of change and the new skills you have learned or are learning. You are just beginning your journey and will move on toward new discoveries and possibilities.

1. Write a short description of what you have learned and what you will be taking away with you from this program. In addition, list your positive strengths that you have become aware of during this process. This can be in point form.

I now know...

2. Now write out 2-3 things you would like to change in your life. Be as specific as possible. It might even be something you haven't yet accomplished during this program but still hope to achieve through your resiliency and recovery practices. Whatever it is allow yourself to imagine a successful accomplishment of these goals.

3. Now make a list of your current accomplishments. Write out a few things that you have been able to accomplish during the time you attended this program. These should be things you were NOT doing prior to the group.

I have already accomplished...

This is a reminder of how far you have come and an inspiration for the new goals you have set for yourself.

Name: _____

Signature: _____

Date: _____