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Reflective Planning

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SYMPTOMS:

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WHAT I'M PROUD OF:

I'M AT: MY WORST           MY BEST

WHAT I'M NOTICING

IN MY BODY:

IN MY MOOD:

IN MY LOGICAL MIND:

IN MY RELATIONSHIPS WITH OTHERS:

IN MY RELATIONSHIP WITH MYSELF:

ABOUT REACHING MY GOALS:

SESSION TAKE-AWAYS

BETWEEN SESSIONS, I WOULD LIKE TO

# Planner Therapy Techniques

**Robert R. Perkinson, Arthur E. Jongsma  
(Jr.)**

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