

# Therapy Progress Feedback

Dear [Therapist's Name],

I hope this message finds you well. I wanted to take a moment to provide some feedback regarding my therapy sessions over the past few weeks.

Firstly, I appreciate the safe and supportive environment you have created. It has allowed me to express my thoughts and feelings openly. I have noticed some positive changes in my mood and coping skills since we began our sessions.

One key area I believe I've made progress in is [specific area of improvement, e.g., managing anxiety]. I feel more equipped to handle stressful situations and have been practicing the techniques you shared with me.

However, I am still struggling with [specific area of difficulty, e.g., interpersonal relationships], and I would appreciate your guidance on how to navigate this better in our upcoming sessions.

Thank you for your continued support and for helping me work towards my goals. I look forward to our next session.

Best regards,

[Your Name]