

Check-in on Your Anxiety Treatment Progress

Dear [Patient's Name],

I hope this message finds you well. As we continue your journey towards managing anxiety, I wanted to take a moment to check in on your progress.

It's important to reflect on how you are feeling and the strategies we have implemented. Please consider the following questions:

- How have you been feeling over the past few weeks?
- Are there specific situations that have triggered your anxiety recently?
- Have you noticed any improvements in your coping mechanisms?
- Do you have any concerns or challenges that you would like to address in our next session?

Your feedback is invaluable in helping us tailor your treatment plan. Please feel free to reply to this email or we can discuss it further in our next appointment.

Thank you for your commitment to your mental health.

Warm regards,

[Your Name]

[Your Title]

[Your Contact Information]