

## **Good bye card from Paul**

On front of card, 'Thank you' surrounded by flowers (yellow and purple)

Inside the printed sentiment reads: 'Remembering your kindness with warmth and gratitude'.

Dear Lisa

I just wanted to take a bit of time to thank you for all your help and understanding over the past few months. In the sessions you have taught me and helped me notice different emotions. You have helped me to understand and acknowledge how I deal with anger and not feel ashamed for feeling a certain way. You have helped me to accept that crying can be an emotion I can allow myself to express without feeling guilt or shame.

Using my journal when I am not in session has been a great help when I am listening to myself and how I am feeling. Writing in the journal helps slow things down for me and acknowledge certain feelings. The sessions helped me look into why I feel the way I do about the headmaster at school and how I can relate a lot of the stuff back to my dad and how he treated me and my relationship with my mum. All in all you have given me the help and support I need to continue living my life better and with more confidence and a positive attitude. Thank you so much. Paul.

Also I want to say that I did not have any more room left on the other side of the card. I will miss our sessions very much and part of me felt a bit lost not having the sessions to look forward to and learn from every week. But what you have taught me is that I can do this on my own. I am capable of so much more than I previously thought I was. I don't need a bottle or two of wine every night anymore. I still have the odd glass though ha!

Anyway I'm waffling now. I should have got a bigger card. Thank you. x