



COMMITMENT CONTRACT

COMMITMENT TO MYSELF

I _____ am making a commitment to myself to:

- Maintain an open and optimistic mindset
- Fully share the nature of my concern with my therapist
- Follow the post-session protocol of listening to my audio recording for at least 21 days
- Take agency over my thoughts
- Be gentle with myself when I stumble
- Always get back up

Your mind is like a garden and your thoughts are like seeds.

You can grow flowers, or you can grow weeds.

Your thoughts matter. You have the power to control them.

Print Full Name (the Client): _____

Signed (the Client): _____

Dated: _____