

# Reflect on Your Progress

Take some time to think back on how things were when you started LUNA and how things are now using the worksheet below. It may also be helpful to talk to your parents so they can help you to reflect on your progress as well.

**While completing your exposure activities, what has gone well for you so far and what has been challenging?**

**Have you made progress on your goals or achieved them?**

**While completing your exposure activities, has anything gone differently than you expected?**

**What are you able to do now that you weren't able to do at the beginning of the program?**

**What skills have you learned that you can use to manage your anxiety? Have they helped you?**