

I took the opportunity to look over your chart and notes from our work together.

I wanted to drop you this note to invite you back; if you would like to come back.

Since the time you begin therapy, I noticed you've made some wonderful changes. They have not been easy, I know, but they will form the foundation for future strength and growth in your life.

Your decision to take a breather from therapy for a while, I think is a good one.

Take some time before you return, to put into practice things we have worked on together. Take a vacation from therapy for a while and when you begin anew, you'll be ready to complete therapy with more energy and with renewed ability.

Until that time, I'm always available to you, if I can be of assistance in any way at all. Feel free to email at [donboice@boicecounseling](mailto:donboice@boicecounseling) or text me (585.802.1273) or call.

All the best,  
Don Boice