



## My wellbeing review

Review date:

What have my symptoms been like over the past month?

Reading through my red flags list, have I had any experiences that have concerned me?

Do I need to take any action now to keep on top of my agoraphobia?

If so, what will be helpful to use in my toolkit?

What do I need to do and when am I going to do it?

The date of my next review is: