



After Visit Summary

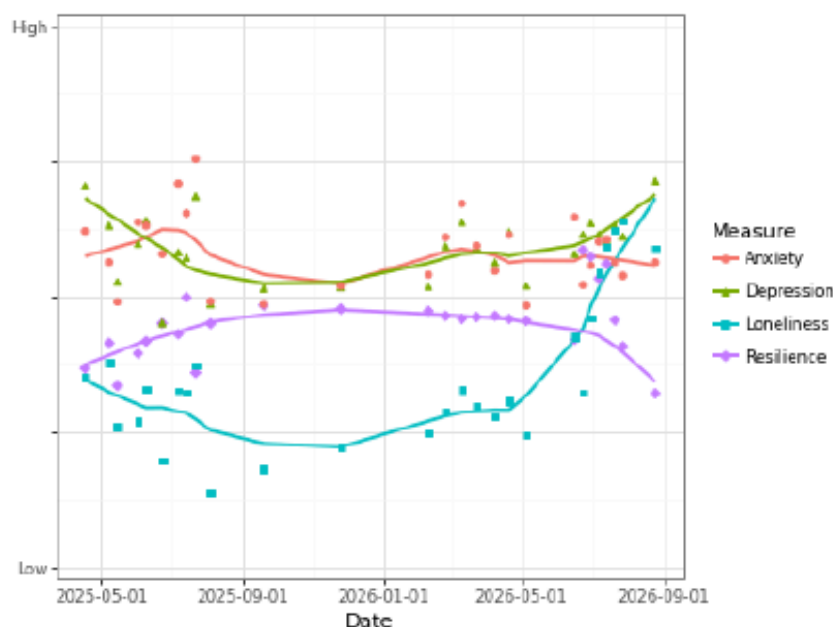
Your Session at a Glance

PREPARED FOR SAMPLE SAMPLE · SESSION ON **AUGUST 25, 2026**

"I do not sit well with being the problem."

YOUR WORDS, THIS SESSION

PROGRESS OVER TIME



Over your last few sessions your anxiety and loneliness scores have stayed about the same, and your resilience scores and one other area have shown some added difficulty. Since you began in April 2025, some areas have steadily improved while others have moved up and down, and that mix is a normal part of the process.

WHAT CAME UP

- Relapse to drinking, the shame and self-condemnation after drinking alone, and alcohol used to avoid overwhelming sadness and transitions.
- Forced move from your apartment, the sudden loss of safety and mourning for Detroit, friendships, routines, and the practical chaos of packing.
- Work and financial strain, long physically demanding shifts, underpaid tip structures, and the tension between stable income from bars and pursuing creative production work.

After Visit Summary

- Diffused sense of self rooted in childhood apology, persistent shame about being the problem, and uncertainty about moving to Philly for versus personal goals.

HOW YOUR THERAPIST HELPED

Your therapist reflected back that you had been drinking alone, grieving the move, and swinging between agitation and numbness, and they invited you to describe the first moment you learned you had to leave. Your therapist probed your immediate anger and shutdown, helping you name passivity and overwhelm as familiar responses. They connected those reactions to deeper shame by bringing up the childhood note you read and asking how apologizing had shaped you. Your therapist challenged your catastrophic self-judgments and pointed out thinking patterns that turned single slips into character flaws. They used a machine metaphor to show how rigid plans can collapse when life changes, and they explored your ambivalence about moving by weighing your values for creativity and community. Your therapist encouraged concrete tracking of events, named avoidance as a driver of drinking, and negotiated more frequent, in-person sessions to increase support during the transition.

QUESTIONS FOR YOUR WEEK AHEAD

A few questions to carry with you this week. There are no right answers; they are starting points for our next conversation:

1. What emotions come up for you when you think about leaving your current apartment and moving to a new place?
2. How do you feel about the way alcohol plays a role in your life right now? What would your life look like if that role changed?
3. What expectations do you place on yourself that feel difficult to live up to? Are these expectations coming from within you or from others around you?
4. Reflect on a moment recently where you felt proud of yourself. What was different about that moment compared to times when you feel shame?
5. How do you envision your ideal life in terms of relationships, career, and personal happiness? What steps could you take, big or small, towards that vision?

I am looking forward to working with you at our next scheduled session.

Carter Comrie, PHD, LP

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