

Before you start therapy...

Use this worksheet to help you think through your own expectations and hope for the therapeutic process. Feel free to take it with you to your first session to discuss with your therapist or use it merely for your own, personal prep!

I am choosing to go to therapy because...

My current STRENGTHS

My current STRESSORS

Things that are important for my therapist to know about me include...

I have these questions about therapy/my therapist...

When I am done with therapy,
I will know it was worth it because
this will be different:

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