Before my first session

A few notes to bring with you. Fill in as much or as little as you like.

Name _____ Date _____

What has led me to look for therapy now

How long it has been going on, and anything that made it start or get worse

How it affects my day-to-day life (sleep, work, relationships, mood)

What I have already tried

What I hope will be different

Who and what supports me at the moment

Anything I want my therapist to know about what helps me feel comfortable

Questions I want to ask

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This handout supports your therapy. It does not replace professional advice.