When therapy does not feel right

How to tell your therapist that something is not working.

Name _____ Date _____

Almost every therapy has moments when something feels off. You may feel misunderstood, pushed, not pushed enough, or unsure where it is going. Saying so is not rude or ungrateful. It is one of the most useful things you can do, and good therapists welcome it.

What might be going on

- [ ] I do not feel understood
- [ ] We are going too fast, or too slowly
- [ ] We talk, but I am not sure what we are working on
- [ ] Something my therapist said bothered me
- [ ] I am holding something back
- [ ] I am not doing the between-session tasks, and I am not sure why
- [ ] I do not feel I am getting anywhere
- [ ] I feel worse
- [ ] Practical things: time, cost, format

What does not feel right?

What I would like more of, or less of

What makes it hard to say this

How I could say it. For example: "There is something I have been finding hard to bring up..."

What happened when I raised it

If you would find it easier, hand this sheet over at the start of a session.

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