

Preparing for a first session

A few questions to think through before your first visit.

Preparing **isn't compulsory** — you may also arrive entirely unprepared. But if you're worried you won't know where to start, it helps. The notes aren't a script; they simply keep what really matters from going unsaid.

The questions

Why now? What has happened in recent weeks

What would have to change for me to say, in six months, that it was worth it

What I'm afraid of about therapy

What I've already tried, and what helped at least a little

One question for the therapist
