

Preparing for Therapy

A Self-Reflection Worksheet

Beginning therapy is a meaningful step toward healing and growth. Use the prompts below to reflect on what is bringing you to therapy and what you hope will change.

1. What is bringing you to therapy right now?

2. What would you like to feel different in your life or relationships?

3. What patterns do you notice in your life or relationships?

4. What strengths have helped you navigate difficult times before?

5. What supports do you currently have in your life?

6. What would make therapy feel meaningful or successful for you?
