

# What Do I Hope to Get From Therapy?

---

These prompts are intended to help you reflect on what's bringing you to therapy and what you hope to get from it. Use the ones that feel helpful to you.

There are no right or wrong answers, and it's completely okay to skip any questions that don't resonate or feel too difficult to answer right now.

This guide is for your own reflection, and you can choose whether or not to share any of it with your therapist at any point during your therapy journey.

What's feeling hardest right now?

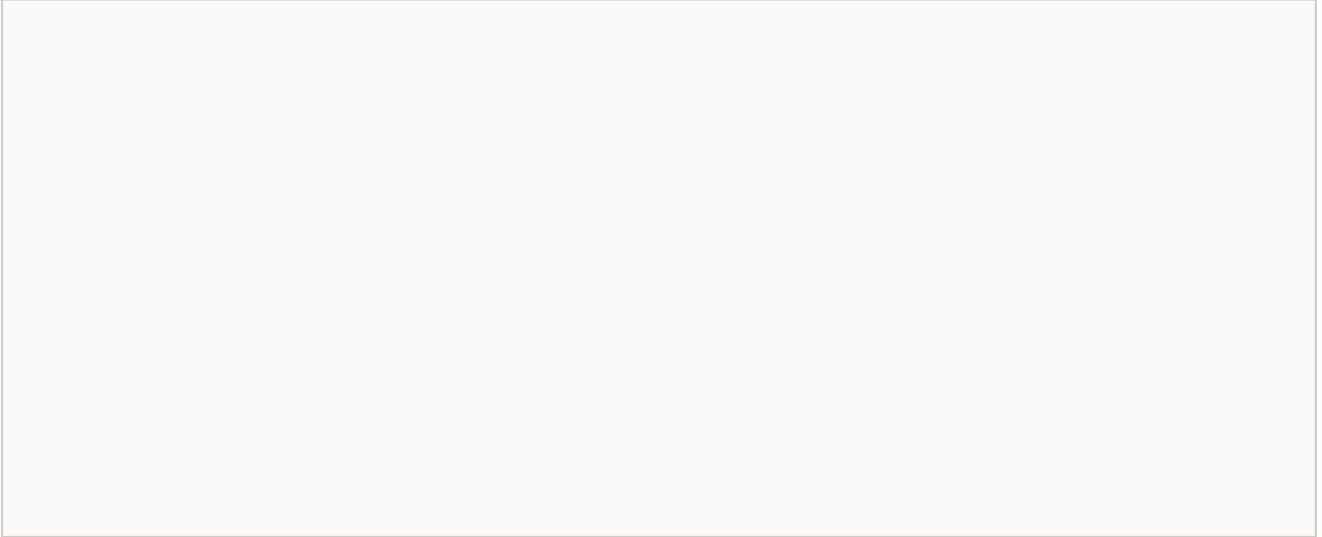
What am I afraid to share with a therapist, and why?

What would feel different if therapy helped?

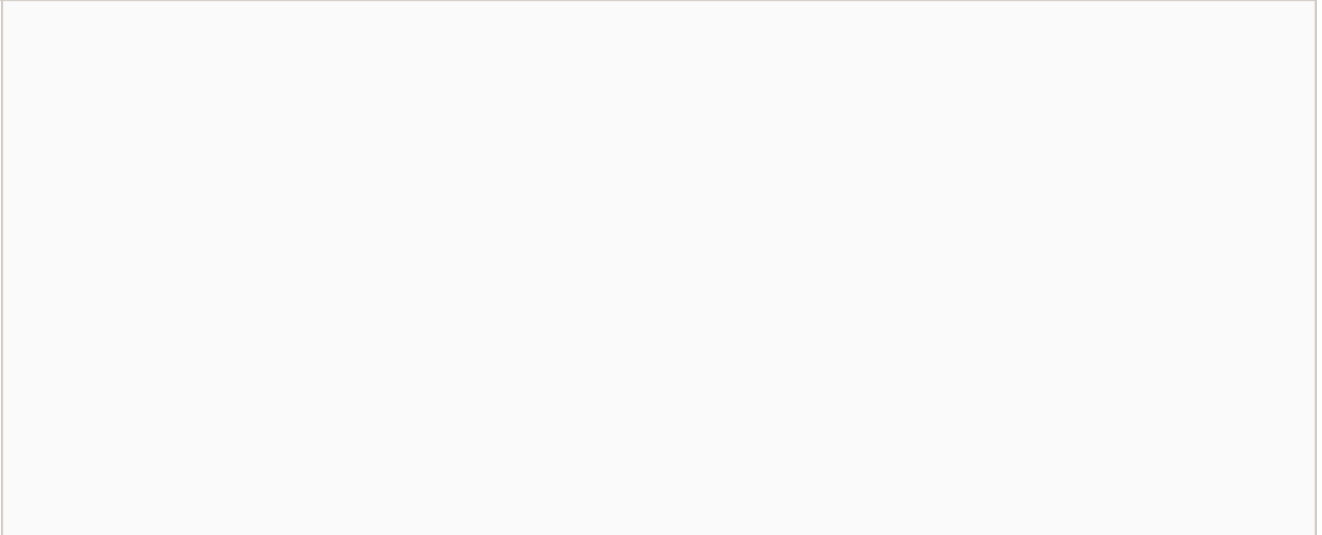
What do I imagine therapy might feel or be like?

Why now?

Do I have any worries about starting therapy?



Is there anything that might make therapy feel more difficult right now?



What would help me feel safer or more comfortable in therapy?

