A little space to begin

Preparing for your first therapy conversation

A gentle page to gather your thoughts. You can write on it, bring it with you, or simply read the prompts.

Some questions you might bring

01 What has been on your mind lately?

02 What would help you feel comfortable in a first conversation?

03 Is there something you would like your therapist to understand early?

04 What would you like to ask about how sessions work?

Anything else you want to remember

There is no perfect way to prepare. Use only the questions that are helpful to you.