

THERAPY GUIDE

**QUESTIONS TO ASK YOUR THERAPIST & JOURNALING PROMPTS
TO MAKE THE MOST OUT OF YOUR THERAPY**

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QUESTIONS TO ASK YOUR THERAPIST

Getting started with therapy can be intimidating.

The following are some questions that you can ask your therapist in your first session to get to know your therapist and start feeling comfortable:

- What will therapy sessions be like?
- What happens if I don't have anything to talk about?
- Will you give me something to work on between sessions?
- How much do you charge? What are your sliding-scale options?
- How many clients have you had with similar circumstances to my own?
- What's your training (i.e., what certification or degrees do you hold)?
- What kinds of treatment or therapy do you think might help me?
- How will we assess my progress?
- How long will therapy last?
- How often will we see each other?
- Is medication an option?
- How are cancellations or missed appointments handled?
- Do you offer after-hours availability for crises?

SETTING YOUR GOALS FOR THERAPY

1. List down any psychological symptoms or problems that are currently bothering you:

2. Sometimes, physical symptoms may be connected to psychological issues. List down any physical symptoms that are bothering you:

3. Write about any problems or issues at work or at school that are bothering you:

4. List down any family or friends problems or concerns that are bothering you:

5. How will you know when things are better?

6. List down the most important goal for your therapy:

AFTER THERAPY JOURNALING PROMPTS

If you are already seeing a therapist or a counselor, use these prompts after your therapy session for reflection:

1. How are you feeling after your therapy session?

2. What was the hardest part about the session?

3. What did you learn about yourself in the session?

4. What is one thing you wish you could have told your therapist?

5. Was there something you wanted to discuss today but it didn't come up?

6. What are some practical tools that you learned today that will help you when you are struggling?

7. How do you feel therapy is helping you move toward your goal?

8. How could your experience in therapy be improved?

9. What skills can you practice before your next therapy session?

10. Did you have any intrusive thoughts or fleeting sensations during or after the session?

THERAPY FAQs

Are my problems really bad enough to seek therapy?

There is no hierarchy when it comes to pain. You can't compare your issues to other people's.

Everyone deserves space to process their feelings, learn new coping skills, and connect with themselves.

Is Psychotherapy Like Venting to a Friend?

Good therapy should not just be about blowing off steam. Your therapist is trained to guide you through challenges, rather than simply listen to you talk.

Therapy is also a safe place for you to develop insight and awareness about yourself. All of this helps you achieve the internal and behavioral changes you need.

How to find a therapist?

Psychologist Locator and the **National Register** are two websites for locating psychologists in USA.

Online therapy is also an option.

It can be much more affordable than in-person therapy, but can be equally effective. (source)

I recommend **Calmerry** for affordable online therapy.

(Disclaimer: This is an affiliate link, which means I receive a commission at no extra cost to you if you choose to use this link.)

