

Preparing for a Therapy Session

1. What problems do I want my therapist's help in solving today? What is the *name* of the problem? (For example, problem at work, problem managing at home, problem with my brother, problem with anger)
2. How have I been feeling this week compared to other weeks?
3. What happened this week that my therapist should know about? (both positive and negative things)
4. What's coming up between now and my next therapy session that my therapist should know about?
5. What did I get done for homework? What did I learn? Is there anything I want to continue doing? Did I have any problems getting my homework done?