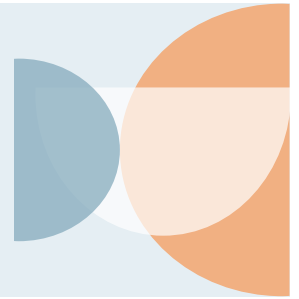


HARD FEELINGS

STRONGER MENTAL HEALTH

Therapy: Getting Started

Questions to ask yourself



Before you reach out to a therapist, try to complete this sheet. Your answers might help you to communicate your needs and goals, and better connect with the right person.

- What are the feelings, thoughts, and/or behaviours that I am experiencing that are causing me distress?

- How are these feelings, thoughts, and/or behaviours getting in my way? What would I like to change?

- What values are important to me in my life and relationships (including a relationship with a therapist)?

- What do I hope to get out of therapy? What are my goals? This can be as broad as deepening my self-understanding, or as specific as reducing my substance use.

- What is my capacity to pay?
 - Benefits
 - How much I have to spend per year:
 - Type of therapist that is covered:
 - Income
 - How much I can afford each month:

QUESTIONS?

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