



FREE PRACTICAL TOOL

Starting Therapy: A Gentle First Step

A calm, practical guide for preparing for therapy without needing to have every answer before you begin.

Start here

- 1 Write one sentence about what you hope could feel different.
- 2 Bring a short list of concerns, questions, or experiences you want to mention.
- 3 Ask about approach, confidentiality, goals, and how progress will be reviewed.
- 4 Remember that finding the right therapeutic fit can take time, and you are allowed to ask questions.

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