

THErapy TO DO LIST

Prepare the following information before starting to make your phone calls to potential therapists.

WHAT IS YOUR CURRENT CHALLENGE?

As best you can articulate what is really getting in the way of you living your life in the way that you desire? What emotions are coming up for you? How do you experience your issue/s?

WHAT ARE YOUR GOALS WITH THERAPY?

What would make your life better? If you and your therapist were working together, and you were perfectly successful, what would you have worked on that will let you know your life has improved? This is a great question to ask yourself, because it really lays out the plan of action for therapy, as well as your evidence of success.

WHAT TYPE OF THERAPIST ARE YOU LOOKING FOR?

This question is a bit more difficult to answer if you have never attended therapy. But if you have attended therapy, what did you like about your past therapist? What worked for you? What didn't work for you? Is it important that your therapist share similar values, beliefs or cultural background? Do you have a gender, age, religion, or race preference?

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WHAT IS YOUR BUDGET FOR THERAPY?

Do you have insurance? Does it have a co-pay? If so, what is it? Get a list from your insurance provider of local therapists. Are you paying out of pocket? What rate fits your budget? Is this rate something you can reasonably afford on a weekly basis?

POTENTIAL THERAPISTS LIST

Create a list of potential therapists with phone numbers to call.

1.

2.

3.

OTHER NOTES

What questions do you have for potential therapists? Who did you talk to? Put any other pertinent notes here.

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