

What Brings You Here?

Exploring Your Reasons for Seeking Therapy

Name: _____

Date: _____

1. Reasons for Seeking Therapy

Please check all that apply:

- ☐ Feeling anxious or overwhelmed
- ☐ Experiencing sadness or depression
- ☐ Struggling with relationships
- ☐ Coping with loss or grief
- ☐ Managing stress or burnout
- ☐ Facing life transitions
- ☐ Dealing with trauma or past experiences
- ☐ Seeking personal growth
- ☐ Other: _____

2. In Your Own Words

What led you to consider therapy at this time?

3. Goals for Therapy

What are the top three things you hope to achieve through therapy?

1. _____
2. _____
3. _____

4. Previous Coping Strategies

Helpful:

Not Helpful:

5. Support System

Who are the people you can rely on for support?

6. Expectations from Therapy

What are your expectations from the therapeutic process?

7. Concerns About Therapy

Do you have any concerns or reservations about starting therapy?

8. Preferred Therapy Approach

What style of therapy do you think would suit you best?
