

THINKING ABOUT STARTING THERAPY WORKSHEET

If you're wondering if it's time to reach out for help, we want you to know you're in good company here. There is no sign of weakness in asking for help. Rather, we believe asking for help is proof that you refuse to give up and takes tremendous strength and courage.

We invite you to reflect on a few questions to clarify if it's a good time to seek a therapist. There is no rulebook or checklist to tell you exactly when it is time to seek professional help, but overcoming the fear of what asking for help says about you is a good place to start.

A FEW PROMPTS TO GET YOU STARTED:

1. How have your emotions been impacting your daily life? Are you feeling overwhelmed, anxious, or constantly sad?

ALWAYS MOST OF THE TIME SOMETIMES OCCASIONALLY RARELY

2. Have you noticed changes in your sleeping patterns, appetite, or energy levels?

ALWAYS MOST OF THE TIME SOMETIMES OCCASIONALLY RARELY

3. Are you struggling to cope with past traumas or current stressors?

ALWAYS MOST OF THE TIME SOMETIMES OCCASIONALLY RARELY

4. Do you find it difficult to connect with others or enjoy activities you used to love?

ALWAYS MOST OF THE TIME SOMETIMES OCCASIONALLY RARELY

5. Have you experienced thoughts of self-harm or suicide?

ALWAYS MOST OF THE TIME SOMETIMES OCCASIONALLY RARELY

If any of these resonate with you, it might be beneficial to talk to a therapist. Remember, seeking help is a courageous step toward healing. You don't have to go through this alone. And, because we know finding help is challenging and full of roadblocks from availability to finances, we've created the FIND HELP Tool (visit: [TWLOHA.COM/FIND-HELP](https://www.twloha.com/find-help)).

Complete the journal prompts below before you connect with your therapist—whether it’s your first time trying therapy or your sixth time, these questions are a great starting point in discovering what kind of support you need in this season. Your answers will be great insights to share on your initial call or at your intake appointment to see if the professional you’re connecting with is a good fit.

A FEW PROMPTS FOR YOU TO REFLECT ON:

What have been some reoccurring thoughts that have made me feel stuck lately?

What kind of therapeutic environment or person do I think will be the most helpful?

Is there anything I need from the therapy experience? Is there anything specific in terms of place, identity, or training/certification that feels important?

What am I most afraid of, anxious, or nervous about when I consider starting therapy? What concerns do I have?

What do I hope to learn, change, and experience through therapy?

How can I celebrate myself right now? (We’ll go first: You’re taking such an important step by thinking about this and being open to the journey of healing. We’re rooting for you.)
