

# Therapy Session Prep List

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## Before Your Session:

- Take 10–15 minutes alone to reflect quietly or journal.
- Name how you're feeling going in: tired, anxious, hopeful, angry, etc.
- Review any relationship events or arguments that feel unresolved or recent.
- Identify one or two goals you hope to accomplish in the session.

## 1. What's been heavy lately?

Write down 1–3 things you've been carrying—emotionally, mentally, or physically.

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## 2. What's going well?

Celebrate progress, big or small. This helps shift your brain from survival mode.

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## 3. Any relationship tension to explore?

Think of moments that triggered you, patterns repeating, or unmet needs.

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**4. What do you need more of right now?**

Affection? Boundaries? Validation? Be honest with yourself here.

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**5. Anything hard to say out loud?**

Use this space to write it first. Bringing it to therapy gets it out of the dark.

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**6. Big feelings, little words.**

Checkmark what you're feeling today:

Angry  Sad  Anxious  Lonely  Hopeful  Numb  Scared

Grateful  Confused  Overwhelmed  Loved  Other: \_\_\_\_\_

**7. Any practical things to cover?**

(i.e., logistics, medication changes, follow-ups, referrals, scheduling)

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