



CONSIDERING THERAPY AGAIN

What would you want to be different?

If therapy has not felt helpful before, it makes sense to have questions. Use your experience to decide what you would like to ask.

1 Name what matters this time.

- What felt unhelpful before, and what would I like to be different?
- What would help me feel heard and have a say in decisions?

2 Ask about working together.

- How would we agree goals and review whether the approach is useful?
- How would we talk about it if something was not working?

3 Leave room to reflect.

- What feels clear about this clinician's approach, and what do I still want to ask?
- What practical details would I need before choosing a next step?

One honest question I want to bring:

Your questions can guide the next step.