

# Therapy Prep Checklist

## 1. Before the Session

- [ ] Set an Intention - What do I want to get out of this session? (e.g., clarity, emotional release, tools for coping)
- [ ] Reflect on the Week - Any major events or emotions? Anything unresolved or recurring? Any breakthroughs or setbacks?
- [ ] Journal or Note Key Topics - List 1-3 things you want to discuss (e.g., work stress, relationship issue, past trauma)
- [ ] Track Emotional Patterns - Consider rating your mood over the past week (1-10) or noting patterns (e.g., anxiety at night, irritability, sadness)
- [ ] Gather Any Relevant Items - Dreams, texts, emails, photos, or past journal entries you might want to share; Worksheets or homework from last session

## 2. Logistics Check

- [ ] Time & Location Confirmed - Know your appointment time and how you're attending (in-person, phone, or video)
- [ ] Quiet & Private Space Secured - If virtual, make sure you won't be interrupted
- [ ] Charged Devices & Stable Internet - For teletherapy, double-check battery and signal
- [ ] Water/Tissue Nearby - Therapy can be emotional-prepare to hydrate and soothe yourself if needed

## 3. Mind & Body Prep

- [ ] Take 5-10 Minutes to Ground Yourself - Deep breathing, Light stretching, Quick meditation
- [ ] Come As You Are - You don't need to be "together" or have it all figured out-this is your safe space

## 4. Post-Therapy Reflection (Optional, but helpful)

- [ ] Jot Down Insights - What stood out from the session?
- [ ] Track Any Homework or Goals - Did your therapist suggest anything to try before next time?
- [ ] Self-Care Moment - Do something kind for yourself after (e.g., nap, walk, favorite meal)