

HARD FEELINGS

STRONGER MENTAL HEALTH



THErapy: GETTING STARTED

Questions to ask yourself

Before you reach out to a therapist, try to complete this sheet. Your answers might help you to communicate your needs and goals, and better connect with the right person.

1. What are the feelings, thoughts, and/or behaviours that I am experiencing that are causing me distress?
2. How are these feelings, thoughts, and/or behaviours getting in my way? What I would like to change?
3. What values are important to me in my life and relationships (including a relationship with a therapist)?
4. What do I hope to get out of therapy? What are my goals? This can be as broad as deepening my self-understanding, or as specific as reducing my substance use.
5. What is my capacity to pay? If you have extended health benefits through work or school:
 - How much do I have to spend per year?
 - What type of therapist that is covered?

If you are paying with only income or savings:

- How much can I afford to spend on therapy each month?

Questions?
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