

THERAPY FIT REFLECTION WORKSHEET

Use before, during, or after working with a therapist. This is for you, no one else needs to see it.

Before or Early Sessions —

Getting Oriented

(You don't need perfect answers)

What made me seek therapy right now?

What do I hope therapy might help with?

What has not worked for me in past therapy (if applicable)?

Do I tend to prefer:

Structure

Open-ended conversation

A mix of both

Understanding Their Approach

After a consult or early sessions:

What modalities or approaches did they say they use?

What post-graduate training or certifications did they describe?

Did I understand how those approaches show up in real sessions?

Yes

Mostly

Not really

If not, what felt unclear?

Boundaries & The Therapeutic Frame

What boundaries did the therapist describe?

Do those boundaries feel:

- Clear
- Confusing
- Rigid
- Supportive

Do I understand why those boundaries exist?

How I Feel in the Room

After sessions, notice—not judge:

During sessions, I usually feel:

- Heard
- Neutral
- Guarded
- Anxious
- Relieved
- Other: _____

After sessions, I tend to feel:

- Clearer
- More confused
- Emotionally stirred but grounded
- Dysregulated
- Unsure

What patterns am I noticing over time?

What Feels Hard to Say

Is there anything I want to bring into the room but haven't yet?

What might get in the way of saying it?

EXTRA WRITING SPACE

This worksheet isn't about judging the therapist as good or bad. It's about noticing your experience and giving yourself language.