

# 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?

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

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