

This tool is intended to help you get the most out of each appointment with your therapist. By thinking about these questions in advance of your appointment, you'll be better prepared to use the time wisely and address the issues of greatest importance to you.

What did we discuss during our last appointment? Was there anything we left unresolved, or anything that bothered me about that session?

We talked about my job and my relationship with my boss. We also discussed how it's going with my new medication.

How have I been feeling since my last appointment?

The meds seem to be making a difference—I seem to be able to cope better. But I do get kind of dizzy sometimes, and I've been having a little trouble sleeping.

What's been happening since my last appointment (both good and bad)?

-My boss criticized me in front of the entire team

-I've started an exercise program

-I got invited to a party

Is there anything I've been reluctant to talk about?

Do I have any "homework" to share?

My sleep diary and my weekly medication log.

For more information:

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

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