

Preparing for Your Appointments

This tool can help you get the most out of your therapy appointments. By thinking about these questions in advance, you can focus on the issues that matter to you most during your session.

1. What did we discuss during my last appointment? Was there anything left unresolved, or anything that bothered me?

Example: We talked about my stress at work and how I've been sleeping since starting my new medication.

2. How have I been feeling since my last appointment?

Example: I feel a little less anxious overall, but I've been more tired than usual.

3. What's been happening since my last appointment?

Include both good and bad events.

Example: I started a short morning walk routine. I argued with my roommate.

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

Example: I've been hesitant to bring up my worries about a conflict with a friend, but I want to discuss it today.

5. What coping strategies or skills have I tried since my last appointment? Did they help?

Example: I tried the breathing exercises my therapist suggested—they helped me feel calmer before meetings.

6. Do I have any “homework” to share?

Example: My sleep diary and my weekly mood tracker.

7. What goals or concerns do I want to focus on in this session?

Example: I want to work on managing stress at work and improving my sleep schedule.

For more mental health educational resources, visit depressioncenter.org/toolkit.

This document provides general educational information developed by the Eisenberg Family Depression Center. It is not a substitute for professional medical advice. Please consult your health care provider if you have questions about your health or treatment options.