

# THERAPY READINESS

# CHECKLIST

A GENTLE GUIDE TO HELP YOU DECIDE IF NOW MIGHT BE THE RIGHT TIME TO BEGIN THERAPY. YOU DON'T HAVE TO CHECK EVERY BOX TO BE "READY." BUT IF SEVERAL OF THESE RESONATE WITH YOU, IT MIGHT BE A GOOD TIME TO TAKE THE NEXT STEP.



## EMOTIONAL AWARENESS & NEEDS

- I'VE BEEN FEELING OVERWHELMED, ANXIOUS, STUCK, OR DISCONNECTED LATELY.
  - I FIND MYSELF REPEATING PATTERNS I WANT TO CHANGE AND I KNOW SOMETHING NEEDS TO SHIFT, BUT I'M NOT SURE HOW OR WHERE TO START.
  - I WANT TO UNDERSTAND MYSELF OR MY RELATIONSHIPS MORE DEEPLY.
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## OPENNESS TO SUPPORT

- I'M OPEN TO TALKING HONESTLY WITH SOMEONE OUTSIDE OF MY USUAL CIRCLE.
  - I RECOGNIZE I DON'T HAVE TO FIGURE EVERYTHING OUT ON MY OWN.
  - I'M WILLING TO EXPLORE THOUGHTS, FEELINGS, OR PAST EXPERIENCES—EVEN IF IT'S UNCOMFORTABLE.
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## COMMITMENT TO GROWTH

- I'M READY TO INVEST TIME AND ENERGY INTO MY OWN GROWTH OR HEALING.
  - I UNDERSTAND THAT THERAPY IS A PROCESS, NOT A QUICK FIX.
  - I'M OPEN TO TRYING NEW WAYS OF THINKING, RELATING, OR COPING.
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## PRACTICAL CONSIDERATIONS

- I'VE THOUGHT ABOUT WHAT I CAN AFFORD AND AM OPEN TO DISCUSSING PAYMENT OPTIONS.
- I HAVE TIME IN MY WEEK I CAN DEDICATE TO REGULAR SESSIONS.
- I'M WILLING TO PRIORITIZE THERAPY AS A PART OF MY OVERALL WELLNESS.