



THERAPY READINESS CHECKLIST



Are you considering therapy but unsure if you're ready? This checklist will help you reflect on your needs, expectations, and commitment to the process. Check the boxes that apply to you.

UNDERSTANDING YOUR REASONS FOR THERAPY

- ☐ I feel overwhelmed by my emotions, thoughts, or experiences.
 - ☐ I struggle with anxiety, depression, stress, or trauma that affects my daily life.
 - ☐ I've noticed patterns in my behavior or relationships that I want to change.
 - ☐ I've tried managing things on my own but feel like I need support.
 - ☐ I'm curious about personal growth and self-awareness.
- ☒ If you checked one or more of these, therapy might be a good option for you.

YOUR WILLINGNESS TO ENGAGE IN THE PROCESS

- ☐ I am open to discussing my thoughts and emotions, even if it's uncomfortable.
- ☐ I understand that therapy is a process and results may take time.
- ☐ I'm willing to explore my past and how it affects me today.
- ☐ I recognize that personal growth may require making changes in my thoughts, behaviors, or relationships.

☒ If you checked most of these, you may be in a good mindset to start therapy. If not, that's okay—therapy can help you work through these obstacles!

PRACTICAL CONSIDERATIONS

- ☐ I have the time and availability to attend sessions regularly.
 - ☐ I can afford therapy or am willing to explore financial options (insurance, sliding scale, etc.).
 - ☐ I have a private, safe space where I can attend therapy sessions if they are virtual.
 - ☐ I am willing to be honest with my therapist about my needs and concerns.
- ☒ If you checked these, you are logistically prepared for therapy. If some are missing, consider how to address them before starting.

YOUR EXPECTATIONS FROM THERAPY

- ☐ I understand that therapy is a tool, not an instant fix.
- ☐ I am open to receiving guidance and feedback from a professional.
- ☐ I know that progress might feel slow sometimes, but I'm committed to the process.
- ☐ I believe that I deserve support and care.

WHAT'S NEXT?

✅ If you checked most of the boxes, you may be ready to start therapy! Consider booking a consultation to explore your options.

❓ If you're unsure, that's okay! Therapy can still be helpful, even if you don't feel "100% ready." A first session can help you decide

❌ If you feel resistant, it might help to explore what's holding you back. Journaling, self-reflection, or talking to a trusted person might give you more clarity.

💡 Want to talk? If you're considering therapy, I offer a free 15-minute consultation to help you explore your options. [Schedule here.](#)

This checklist is for personal reflection and not a diagnostic tool*