

Pre-therapy Reflection Prompts

Options for:

- ⇒ when it's just been a regular week
- ⇒ when your brain is still at work
- ⇒ when you really don't want to be here
- ⇒ when you don't know what to say

for when it's just been a regular week:

1. What is one word that accurately describes your week?
2. What is one thing that went well this week?
3. What is the hardest thing that happened this week?
4. What have you thought about the most this week?
5. Is there anything you keep thinking about but you don't know why?
6. How do you feel about going to this therapy session?
7. Is there anything you are nervous might happen or come up in the session?
8. What are all the feelings you can name that you are feeling right now?
9. What do you feel like the deepest part of you is trying to say right now?

Consider taking some time to breathe deeply and observe your thoughts as they pass before the session begins.

for when your brain is still at work:

1. What is the most significant thing that happened at work today?
2. What is the hardest thing to mentally or emotionally leave behind at work today?
3. What are you most relieved to leave behind at work today?
4. How aware were you of your feelings at work today?
5. How *did* you feel at work today?
6. How do you feel about transitioning to this session?
7. What thoughts, if any, have you had this week about your last session?
8. Do you sense any thoughts or feelings tugging your heart that you may have been avoiding lately?
9. What would feel most authentic for you to share in this session today?

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for when you really don't want to be here:

1. What sounds the hardest about going to this session?
2. What feels like the hardest aspect of your life right now?
3. Where do you feel it in your body when you think about these things?
4. What do you feel like you need right now, tangibly?
5. What do you feel like you need right now, emotionally?
6. What do you wish could change about your life right this instant?
7. What do you hope will never change in your life?
8. How do you imagine your counselor would respond if you shared how you feel about going to this session?
9. What could you do in this moment to be most true to who you are?

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for when you don't know what to say:

1. What word or image best describes how you are feeling right now?
2. Where would you most like to be right this minute?
3. How do you feel about being where you actually are—physically or figuratively?
4. When was the last time you felt truly at peace?
5. Is there anything you definitely don't want to talk about in session today?
6. What do you wish could happen in session today?
7. What is the biggest thing you are hoping for right now?
8. Do you have any crazy “there's no way this could happen but what if it did” dreams about your life and future?
9. If there was one emotion you wish you could be feeling right now but aren't, what would it be?

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