



I Should Attend Therapy...

Weekly

- ☐ I am going through crisis, major loss, breakup, or life transitions
- ☐ My symptoms are interfering with my daily life
- ☐ I want to work on patterns that keep reoccurring
- ☐ I'm learning new coping, emotional-regulation, or communication skills
- ☐ I'm working on a specific concern using a structured treatment approach
- ☐ I have a lot coming up in between sessions

Bi-Weekly

- ☐ I'm generally functioning well but I want a consistent therapeutic experience
- ☐ I'm now more confident & trusting of myself outside of therapy
- ☐ I have ongoing relationships, stressors and patterns I want to understand better
- ☐ I want enough time for life to happen. A conversation, a difficult situation, a realization, etc.
- ☐ I'm making steady progress and don't currently need intensive support
- ☐ You want time to practice and implement what you're learning

As Needed

- ☐ My original concerns feel more manageable, and I understand myself better
- ☐ My sessions have shifted from problem solving to maintaining progress
- ☐ I know my patterns, triggers and can recognize when something is starting to shift
- ☐ I want therapy to remain part of how I take care of yourself, and I can use tools independently
- ☐ I'd like a therapist available for reflection and support
- ☐ Therapy feels more like checking in