

Preparing for Your Appointment

This tool can help you organize your thoughts so that you can get the most out of each appointment with your therapist.

What did we discuss during our last appointment? Was there anything we left unresolved, or anything that bothered me about that session?

How have I been feeling since my last appointment?

What's been happening since my last appointment (both good and bad)?

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

Do I have any "homework" to share?

For More Information

Eisenberg Family Depression Center
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