



# 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?**

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**How have I been feeling since my last appointment?**

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

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

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**Do I have any "homework" to share?**

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## For More Information

University of Michigan Depression Center  
1-800-475-MICH or 734-936-4400

[www.campusmindworks.org/](http://www.campusmindworks.org/)

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