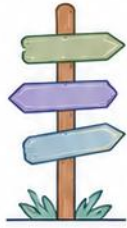


Name: _____

Date: _____



WHY I'M HERE

Understanding My Story. Creating My Path Forward.



This worksheet is a space for you to share your story in your own words.
There are no right or wrong answers. Be honest. Be kind to yourself.
This is about you.

1. WHAT BRINGS ME HERE?

What made you decide to come to counseling or therapy at this time?



In one or two words, how would you describe why you're here?

2. WHAT I'D LIKE HELP WITH

What are some of the things you'd like support with?
Check all that apply and add anything else.

- | | |
|---|---|
| <input type="checkbox"/> Anxiety or worry | <input type="checkbox"/> School / Work |
| <input type="checkbox"/> Sadness or depression | <input type="checkbox"/> Life transitions |
| <input type="checkbox"/> Stress | <input type="checkbox"/> Grief or loss |
| <input type="checkbox"/> Anger | <input type="checkbox"/> Confidence |
| <input type="checkbox"/> Trauma or past experiences | <input type="checkbox"/> Boundaries |
| <input type="checkbox"/> Low self-esteem | <input type="checkbox"/> Coping skills |
| <input type="checkbox"/> Relationships | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Family concerns | _____ |

What feels most important to work on right now?

3. HOW THIS AFFECTS ME

How are these challenges showing up in your life?
(Feelings, thoughts, behaviors, body, relationships, etc.)



What do you wish was different?

4. MY GOALS

What do you hope will be different or better in your life as a result of counseling?

- _____
- _____
- _____

How will you know when you've made progress?

5. WHAT'S IMPORTANT TO KNOW ABOUT ME

Is there anything else you want your therapist to know about you, your background, or how you like to be supported?

Things I Value:
What matters most to you?

- _____
- _____
- _____
- _____



6. MY STRENGTHS

What are some of your strengths or things you're proud of about yourself?



7. SUPPORTS I HAVE

Who or what supports you now?
(People, pets, activities, places, faith, etc.)

- _____
- _____
- _____
- _____



8. ANYTHING ELSE?

Anything else you want to share?



You are the expert on your life. This is your space. We will work together at your pace, with respect, compassion, and hope.

