

Under- standing your direction.



As you prepare for therapeutic support, reflecting on your direction and intentions can help create meaningful progress. This resource helps you consider what you might like to express in your first session.

Present Awareness

- What matters most to you right now?
- Where would you like to focus attention?
- What feels important to understand?

Moving Forward

- What kind of support feels most relevant?
- How might you engage with the process?
- What would help you stay connected to your intentions?

Personal Resources

- What helps you stay focused on what matters?
- How do you maintain momentum?
- What reminds you of your priorities?

Your Insights

- Consider sharing these reflections in therapy
- Remember intentions can shift with understanding
- Your direction may evolve through the process