

Under- standing your expectations.



As you prepare for therapeutic support, understanding your expectations can help create a more effective experience. This resource helps you explore and reflect on your thoughts about the therapeutic process and past experiences.

Current Expectations

- What brings you to seek support now?
- What would a helpful outcome look like?
- How do you imagine the process working?

Past Experiences

- What previous experiences shape your views?
- Which approaches have felt helpful before?
- What would you like to be different?

Personal Readiness

- What feels important to discuss?
- Which topics seem challenging to explore?
- What support might be most helpful?

Your Insights

- There's no single "right way" to engage in support
- Your expectations may shift over time
- Open reflection supports the process