

Getting to know you

1. What changes do you hope therapy will lead to?
2. What do you want to change about yourself?
3. How will therapy help you make these changes?
4. What do you think a therapist should be like?
5. How long do you think these changes will take?
6. What are your major strengths?
7. What have been your major crises of the last 1-5 years, and how have you handled them?
8. What are your goals?
9. What persons, ideas, or forces have been most useful or influential to you in the past?
10. When are you happy? What are the positive factors in your life right now?
11. What spiritual or religious issues are important to you? How does your culture, heritage, etc. influence you?
12. Is there anything we haven't talked about that is relevant or important, or that you feel I should know about?