

Talking to a Therapist or Doctor



What symptoms, thoughts, or changes in my daily life have been hardest to manage recently?



What pattern have I noticed that I want a mental-health professional to know about?



What question about my mood, treatment, or next steps have I been putting off asking?

difficult conversation



If I could explain one thing about my recent experience that I struggle to say out loud, what would I want my therapist or doctor to understand?

