



# THERAPIST CHECKLIST

Use this checklist as a guide to find the right therapist for YOU. Answer these questions to assess whether you have found a good fit, need more information, or should continue your search.

I feel...

- Safe
- Seen
- Heard
- Comfortable
- Validated

I fully understand...

- Costs
- Strategies
- Treatment Goals
- Techniques/Interventions

- I am noticing progress and feeling hopeful.
- I feel supported outside of sessions, which allows me to grow and do my own work.

If you couldn't check some of these boxes, don't worry.

This checklist is meant to be a guide, you know YOU best. Remember, you always have permission to change your mind. Keep shopping around if needed.