DR. IVANKENNEDY
Counsellor, Psychotherapist, & Supervisor

PhD Ed', MSc. Counselling & Psychotherapy, BSc Psych', Dip Supervision
Tel 085 147 3040 Email kennedy.ivan@gmail.com
www.kennedycounselling.com

Should I Start Therapy

Many of us overcome issues in life with will-power, persistence, and regular routines; but sometimes, that's not enough: sometimes, we need support from a therapist who'll give a safe space to talk it out and to work it out. To recognise this need in ourselves is a strength as it shows willingness to improve, to overhaul or challenge long-standing beliefs, to face fears or difficult feelings or experiences, and to take a chance in sharing vulnerabilities.

The purpose of this sheet is to help you to clarify whether or not you feel that you need therapy, and if so, what you need to address and what goals are preferable.

The purpose of this sheet is to help you to clarify whether or not you feel that you need therapy, and if so, what you need to address and what goals are preferable.					
Mark the response which most closely corresponds to how you feel about each statement. SA= Strongly Agree, A=Agree, N=Neither Agree nor Disagree, D=Disagree, SD=Strongly Disagree.					
How am I today?					
Emotional Struggles: I am finding it very difficult to cope with my feelings of sadness, irritability, overwhelm, or anxiety	SA	A	N	D	SD
Life Changes: I am finding it hard to adjust to relationship changes, new, a move, or a death or other loss	SA	A	N	D	SD
Stress Management: I am feeling burnt out, unable to relax, or struggling with work-life balance	SA	A	N	D	SD
Relationship Issues: I am finding it difficult to manage boundaries and assert myself and to cope with conflict with a partner, family, or other setting	SA	A	N	D	SD
Self-Esteem & Identity: I am finding it difficult to manage my self-criticism, body image issues, or finding purpose	SA	A	N	D	SD
Trauma & Past Events: I am finding it very hard to cope with processing difficult or painful memories from the past	SA	A	N	D	SD
Behavioural Patterns: I am finding it difficult to break unhelpful habits like procrastination, people-pleasing, eating, drinking, sleep routines, or other	SA	A	N	D	SD
Thoughts: I am finding it hard to regulate my thoughts and I am concerned for the nature of some of them	SA	A	N	D	SD
Fun: I am finding it hard to enjoy pursuits I used to enjoy and to connect with people	SA	A	N	D	SD
Other:	SA	A	N	D	SD
The "Magic Wand" Question					
Imagine that you wake up in the morning and your current issues have been magically resolved. How would your life look or feel different?					
The Primary Issue					
Out of all the reasons you checked, which one is the highest priority for you to address right now?					
Other					
What thoughts or behaviour are causing you more difficulty lately?					
What type of therapist or therapeutic approach would you prefer?					
What would you like to gain or change due to therapy?					
What concerns you the most when you think of starting therapy?					
What are some of your values, strengths, and/or positive behaviours that you will acknowledge right now?					

KENNEDYCOUNSELLING.COM