



## Psychology for Personal Development

Dear New Client,

We know it is not easy to make the decision to seek therapy and we are glad you took the first step. We will do our best to make you feel comfortable and at ease and help you achieve your goals. Here are some questions that we would like you to think about:

What sparked your intention to start therapy now?

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Have you been in therapy before? Yes/No      Did you have a positive experience? Yes/No

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What are you hoping to achieve or change this time in therapy?

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How optimistic do you feel about therapy now? 1-100 (1: Not at all, 100: Completely)

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If your therapy is successful, what would be different in your life?

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We look forward to getting to know you and helping you achieve your goals.

Thank you

