



Getting ready for therapy

You've decided to start therapy. Take a moment to give yourself credit for taking this big step forward.

To make the most of it, check out our top seven tips and then write out your goals for what you want to get out of therapy.

The more you know, the more comfortable, confident, and prepared you can feel.

Therapy is an investment

Make the most of it.

You are putting in the time, money, and effort because there's something important you are working towards. There are not many times in life where it's all about you, and therapy is one of them. You get to learn more about yourself, what you want, and how to get there. Your well-being matters.

Seven tips for starting therapy

- 1 Be kind to yourself.** Just showing up is a great first step.
- 2 Your therapy session is different than any other part of your day.** It's where you get a special space and time to work on what's important to you.
- 3 It's important to think about why you're starting this journey and what your goals are.** Write them below and bring them to your first session.
- 4 It might feel awkward to talk about yourself so much. That's okay.** Remember no one is judging you in this space.
- 5 Your therapist is your professional guide.** They're there to help you reach your goals. Remember, therapy is supposed to be all about you.
- 6 Try to stay open-minded, even when it feels hard.** You may feel big emotions. Don't judge yourself for them, and don't think it's a reason to stop therapy.
- 7 Be patient.** It takes time for change and growth to happen. Your therapist can help you through the process.

Your goals for therapy

What do you hope therapy will help you with? Writing down your goals can make it easier for you to share them with your therapist.

1. _____
2. _____
3. _____
4. _____
5. _____

There's no pressure. You can change your goals at any time.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.