

My Positive Therapy Outcome Checklist

- I have shifted my mindset to: Therapy is a powerful investment of time and other resources (such as effort, money or transportation), which can pay dividends for the rest of my life.
- I have researched therapists based on my own searches (via Google, Psychology Today, Good Therapy, etc.) and recommendations from others whose opinions I respect. I understand the value of different styles of therapy, and I am exploring what best fits my needs.
- I can afford to pay for therapy out of pocket* or I am able to go through my insurance—or, I'm able to access low-cost therapy through a local agency. **I am aware that if I see an out-of-network provider, I might be eligible for reimbursement and that it is my responsibility to research ahead of time and manage the process myself; I am willing/happy to do so.*
- I've arranged my schedule to make therapy a priority and I am committed to attending on time or rescheduling proactively when I know I'll be out.
- I've enrolled in therapy and I have clearly communicated my goals to my therapist and they align with what my therapist has suggested to me as well—and/or I agree with the additional goals my therapist has suggested.
- I've shared any and all questions and concerns I've had about the way therapy sessions have been going so far, asking for feedback while providing my own for the therapist to hear.
- I am actively working on things outside of the therapy session so that I become empowered. I know that I have all the answers within and that my therapist is here to help me uncover them.
- I don't let my frustrations fester. I feel confident that I can share concerns with my therapist.
- If I feel that I am *not* being heard/helped in therapy, I know I can share this concern. If this remains unaddressed, I know I have the ability and the right to seek out another therapist.
- I'm not concerned about the length of time in which I've been in therapy. It feels right and I have checked with my therapist about where things are going. I have goals I still wish to address.
- I know the importance of tapering down the frequency of therapy sessions once I meet all of my goals. My therapist has mentioned this to me and we have a plan for when that time comes— OR I have a different course of therapy that is appropriate for my needs and this has been reinforced by my therapist and other professionals with whom I've worked.