**Heart Journey Christian Counseling, LLC**

**Preparing for Individual Counseling**

Sometimes it can be a challenge to figure out what you should talk about during your sessions. It is important to put some thought into it before showing up to your session. This allows you to maximize your time with your therapist and get the most benefit. Below are some questions that will help you determine what you want to discuss. It is not necessary to answer all of these questions before each session, but it will be helpful to reflect on a few so that you can be intentional about your time. In addition to thinking about these questions, please ask God to highlight what it is that He would want you to focus on in your next session.

1. Am I looking forward to or dreading going to counseling? Why?
2. What would I like to address in my next session?
3. What was the high and low point of the week? Have there been any significant changes in my life?
4. What significant circumstances have occurred since my last session?
5. What significant memories or dreams have you had since my last session?
6. What did we talk about the last session? What came up in my last session that I would like to revisit?
7. What ah-ha moments have I had between sessions? (Moments where I have become more aware of who I am, how I think, and my behaviors.) Are there any improvements in my thinking, feelings, and how I respond to people or situations?
8. Are there any secrets I’m keeping from my therapist? What am I not telling my therapist because of shame or fear? What am I avoiding? Have I talked with God about those things?
9. Do I have any regrets about the personal information that I have shared with my therapist?
10. Are there any areas of my life where I still feel hopeless, powerless, or stuck?
11. What do I believe the Lord is saying about my current situation? What has He been saying in my personal time with Him?
12. What progress or growth have I seen in myself this past week or since beginning counseling?
13. In my relationship with God, do feel closer, further away, or about the same than I did the last session or since I started counseling? Why?
14. Are there any negative , positive, or ambivalent feelings that I’m having about counseling or my therapist that I need to discuss?
15. Have any of my goals or desires changed since starting counseling?