



Thoughts about Therapy Assessment

Statement	Agree	Slightly Agree	Neither agree nor disagree	Slightly Disagree	Disagree
I'm not sure what I am supposed to do in therapy.					
I don't feel therapy can help.					
Only people who are mentally ill need therapy.					
I'm worried that I'll be pressured into talking about private things.					
I'm concerned about confidentiality.					
Therapy costs too much.					
I might feel silly and this concerns me.					
I may not be able to handle the feelings that come up.					
My therapist may not be able to handle the feelings I have.					
The therapist may take advantage of me or abuse me in some way.					
The therapist may not believe me.					
The therapist may not be good enough to help me.					
I don't deserve to have all this time and support devoted to me.					
I am weak for having to ask for help.					
The therapist will judge me hopeless and give up on me.					
The therapist may not like me.					
I might find out that I am unlovable.					
I'm worried I'll be made to change something I want to keep the same.					
I might lose control and this concerns me.					
I don't really want to change, therapy is someone else's idea.					
I'm concerned about what I may learn or reveal about myself.					
I'm not sure I need therapy. I'm not the one that needs to change.					
I have had a bad experience with a therapist in the past.					
Therapy may require me to compromise my spiritual beliefs.					
Therapy can't help me, nothing can.					
The therapist won't be able to understand me and my problem/s.					

Complete this form and take it to the first appointment with your therapist. S/he will help you explore any concerns.