



## 3 questions to ask as you start therapy

Starting therapy can seem daunting. By asking yourself the following questions you can assess with your therapist whether you are ready to take this important step forward.

**Mark your answers on the scales below. On a scale of 0 to 100:**

### 1. How much of a negative effect has my problem had on my life?

0..... 50 ..... 100  
NO EFFECT EXTREMELY NEGATIVE EFFECT

### 2. How important is it to me to feel better?

0..... 50 ..... 100  
NOT IMPORTANT AT ALL EXTREMELY IMPORTANT

### 3. How willing am I to make *getting better* a priority in my life?

0..... 50 ..... 100  
NOT A PRIORITY EXTREMELY HIGH PRIORITY

**If you scored less than 50** on two or three scales, you may be considering change, but still feel uncertain.

- If that is the case – is now the right time for therapy? If not take some time to discuss your options with your therapist. If you do feel that now is the right time, what can you do to help feel more motivated to change?

**If you scored 50 or more** on two or three scales, you are ready to change.

- You have decided that it is time to change and you are prepared to dedicate some time each day to getting better.

**Now ask yourself another 3 questions:**

- **Where am I now? Where do I want to be? How will I get there?**
- **Make a plan and start doing it!**

Adapted from <http://www.comh.ca/antidepressant-skills/adult/>