



Kaleidoscope
Counseling, PLLC

Finding Beauty in the Fragments of Life



Questions for My Therapist

 GETTING READY TO HEAL 



Healing can feel overwhelming, and it's okay not to know where to start.
Use these questions to help guide conversations and make the most of your therapy journey.



Understanding Myself

- ☐ Why do I react so strongly to certain situations?
- ☐ Where do my anxiety, sadness, or anger come from?
- ☐ How have my past experiences shaped who I am today?
- ☐ What patterns do you notice that I may not see in myself?
- ☐ How can I better understand my emotions?



Coping and Emotional Wellness

- ☐ What coping skills might work best for me?
- ☐ How can I calm my body when I feel overwhelmed?
- ☐ What can I do when I start overthinking?
- ☐ How do I know when I'm emotionally dysregulated?
- ☐ How can I become kinder to myself?



Relationships and Boundaries

- ☐ How can I communicate my needs more effectively?
- ☐ What are healthy boundaries, and how do I set them?
- ☐ Why do I struggle to say no?
- ☐ How can I improve difficult relationships?
- ☐ How do I recognize healthy versus unhealthy relationship patterns?



Healing and Growth

- ☐ What does healing actually look like?
- ☐ How do I know if I'm making progress?
- ☐ Why do I feel stuck even when I'm trying?
- ☐ How can I rebuild confidence and trust in myself?
- ☐ What strengths do you see in me?



Questions I Want to Ask My Therapist



My Intention for Therapy Today

One thing I hope to gain from this session is:



“Healing doesn't require having all the answers. It begins by being curious, asking questions, and showing up for yourself one step at a time.” 



You are not alone.

We're here to support you on your journey toward clarity, healing, and meaningful change.



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